A MIDSUMMER CLASSIC DILEMMA 15

express

www.expressnightout.com



Tuesday

JULY 10, 2012 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



FAIR-SHARE FIGHT

President Obama calls for extensions on middle-class tax cuts 3

AN AMERICAN PIONEER

'Woody at 100' pays tribute to the legacy of a folk music icon 23

THAT WAS FAST

TomKat settle their divorce, much to the chagrin of tabloids 35

am 84 | 72 pm

FOR EXTENDED FORECAST, SEE PAGE 33



GETTY IMAGES/EXPRESS ILLUSTRATION

This Could Take a While

Repairs may keep the Washington Monument closed until 2014 11

eo

eye openers

FRAGRANT

Man Finally Admits to Eating Blooming Onion Before Flight

Authorities now say it was an odd odor in the cockpit and not smoke that forced a flight from Puerto Rico to Atlanta to make an emergency landing in South Florida. Delta spokeswoman Sarah Lora says airline officials are still trying to determine what caused the smell Sunday morning on Flight 418. Another plane was sent to pick up the remaining 60 passengers. (AP)

"The police did a great job. They did stakeouts, they did bike patrols, they had at least four officers on this."

— **VINCENT WALLACE,** A VOLUNTEER CARETAKER AT CEDAR PARK CEMETERY IN HUDSON, N.Y., WHICH EXPERIENCED AN UPTICK LAST WEEK IN CEMETERY FLAG THEFTS. POLICE FOUND THAT THE CULPRITS WERE WOODCHUCKS. (AP)

NIGHTMARE FUEL

Reason No. 1 Why You Don't Garden With Your Face

A man in India who had complained about an eye irritation got a big surprise — a live 5-inch worm was found in his right eye, something his doctor said he hasn't seen in his 30 years of practicing. It is unclear how the worm got there; his wife said she thinks it may have something to do with his gardening habits. The worm was removed and sent for tests. (AP)

The Big Picture

LARRY STEAGALL/AP



WHIMSICAL WHISKERS: Aarne Bielefeldt from California gets close to the judges at the North American Beard and Mustache Championships on Saturday in Bremerton, Wash., to show off his curled whiskers. He received a perfect score and won first place in the freestyle category.

USA BASKETBALL
DOUBLEHEADER
USA WOMEN VS. BRAZIL 5:30 PM
USA MEN VS. BRAZIL 8:00 PM
JULY 16TH
VERIZON CENTER
TICKETS
AVAILABLE NOW
CALL 800.745.3000 OR VISIT TICKETMASTER.COM TO PURCHASE TODAY

Obama Urges Extension Of Middle-Class Tax Cuts

Proposal aims to cast Romney as protector of America's wealthy

Washington

Facing sagging jobs numbers, President Obama sought to recast the November election as a fight over tax fairness on Monday, urging tax cut extensions for all families earning less than $250,000 but denying them to households making more than that.

The president's pitch was aimed at portraying Republican rival Mitt Romney as a protector of the rich at a time of economic unease, as Democrats intensify efforts to raise questions about the Romney's own wealth and offshore bank accounts. Romney supports extending the federal tax cuts, first signed by George W. Bush, for all income earners.

Obama said if Congress passes a one-year extension for those making less than $250,000, voters can use the November election to decide the fate of the cuts for higher income earners.



SUSAN WALSH/AP

President Obama speaks Monday after asking Congress to extend tax cuts for households making less than $250,000 per year. The cuts expire at the end of 2012.

"My opponent will fight to keep them in place. I will fight to end them," said Obama.

The president's sudden focus on the tax fairness debate was also an attempt to change the election subject after yet another lackluster jobs report. New numbers released Friday showed the nation's unemployment rate stuck at 8.2 percent, giving Romney fresh grounds to attack Obama as unfit to steer the U.S. economy.

Romney campaign spokeswoman Andrea Saul said the president was responding to the bad economic news by calling for a "massive tax increase."

Congressional Republicans immediately balked, saying it would be a mistake to raise taxes on anyone while the economy was still struggling to recover. The House GOP plans to make its own push this summer for a full extension of the tax cuts. White House press secretary Jay Carney said Obama would veto such a bill.

About 2.5 million U.S. households had incomes of $250,000 annually or more, according to the 2010 U.S. Census. The median household income in 2010 was $49,445. JULIE PACE (AP)

$71M

The amount President Obama and the Democratic Party raised in June. Obama's campaign wrote in an email to supporters that June was their best fundraising month of the campaign.

$106M

The amount Republican presidential candidate Mitt Romney and the Republican Party raised in June — the second straight month that Romney has raised more money than Obama.

High Mileage: A retired New York schoolteacher's beloved '66 Volvo has reached more than 2 million miles, the equivalent of nearly 1,176 times around the globe. Irvin Gordon bought the small, red two-door for $4,150, and has held the Guinness World Records mark for High Mileage Vehicle since 2002. He was the first to hold that record. The 72-year-old believes the car will reach the 3 million mile mark by next year. He has just 34,000 miles to go. (AP)

In Brief

WASHINGTON

Sen. Espaillat Concedes To Sen. Rangel Again



Rangel

Sen. Adriano Espaillat, D-N.Y., conceded to Rep. Charlie Rangel, D-N.Y., for the second time on Monday, bringing an end to a two-week-old drama over Rangel's primary win. A final count of the votes over the weekend showed Rangel leading Espaillat by 990 votes. (THE WASHINGTON POST)

STATE COLLEGE

Report: More Than $208M Donated to Penn State

Penn State reported Monday it received more than $208 million in donations for the fiscal year that just ended, the second-highest total in university history despite the upheaval after the arrest of Jerry Sandusky on child sex abuse charges. Sandusky is awaiting sentencing. (AP)

WASHINGTON

Episcopal Church OKs Transgender Ordination

The Episcopal General Convention voted decisively Monday to add language to church rules that bars discrimination based on gender identity and expression, clearing the way to ordain transgendered people. (AP)



Healthy Volunteers Needed

The National Institutes of Health (NIH) is seeking healthy female volunteers to compare to other women we have studied with a sleep disorder called narcolepsy.

You may be eligible to participate if you:

- Are Caucasian and are 20 to 46 years of age
- Weigh between 135 to 270 pounds
- Are not taking any prescription medications
- Do not smoke
- Are able to stay at the NIH Clinical Center for one week

The NIH Clinical Center, America's research hospital, is located on the Metro red line in Bethesda, Maryland. Compensation is provided.

For more information please call:
1-800-411-1222
TTY: 1-866-411-1010
se habla español
Or go online, clinicaltrials.gov
Search for study: 06-DK-0079

National Institute of Diabetes & Digestive & Kidney Diseases



CAN'T LOSE WEIGHT? We can help!

Dr. Beale's Medical Weight Loss Program

- **Only $40 flat fee per Week to Lose 11-13 lbs. per Month**
- **No Contracts, No Hidden Fees, No Extra Charges**
- Losing Weight Does NOT have to be Expensive
- All Medications & B12 Injections Included
- 1-on-1 Counseling
- Personalized Eating Plans

Dr. Beale's Medical Weight Loss Program
DC's Oldest (Est. 1974) & Most Successful Medical Weight Loss Program

202-463-7872
www.docbeale.com
Downtown • **1712 Eye St, NW**
Anacostia • **2041 MLK Ave, SE**

Get fit *Tuesdays in Express*
A weekly section about how to look and feel and be your best.
express
A publication of The Washington Post
XX174 2x 5

Nation

Ocean Acidity a Threat to Reefs

Sydney

Oceans' rising acid levels have emerged as one of the biggest threats to coral reefs, acting as the "osteoporosis of the sea" and threatening everything from food security to tourism to livelihoods, the head of a U.S. scientific agency said Monday.

The speed by which the oceans' acid levels has risen caught scientists off-guard, with the problem now considered to be climate change's "equally evil twin," said National Oceanic and Atmospheric Administration chief Jane Lubchenco.

"We've got sort of the perfect storm of stressors," said Lubchenco, who was in Australia to speak at the International Coral Reef Symposium. "It's a very serious situation."

Oceans absorb excess carbon dioxide in the atmosphere, increasing sea acidity. Scientists are worried about how that increase will affect sea life, particularly reefs, as higher acid levels make it tough for coral skeletons to form. Lubchenco likened ocean acidification to osteoporosis — a bone-thinning disease — because researchers are concerned it will lead to the deterioration of reefs.



CENTRE FOR MARINE STUDIES/AP

Ocean acidification recently emerged as one of the biggest threats to coral reefs worldwide, according to the National Oceanic and Atmospheric Administration.

The potential impact of all of this is huge, Lubchenco said. Coral reefs attract critical tourism dollars and protect fragile coastlines from threats such as tsunamis. Seafood is the primary source of protein for many people around the world. KRISTEN GELINEAU (AP)

Hearsay

"I will not be party to socializing health care and bankrupting my state in direct contradiction to our Constitution and our founding principles of limited government."

— **TEXAS GOV. RICK PERRY,** IN A LETTER MONDAY TO U.S. HEALTH AND HUMAN SERVICES SECRETARY KATHLEEN SEBELIUS SAYING TEXAS WON'T ESTABLISH AN ONLINE MARKETPLACE FOR PATIENTS TO SHOP FOR INSURANCE OR EXPAND MEDICAID, TWO KEY ELEMENTS OF THE HEALTH-CARE OVERHAUL

Woman Fatally Shot During Hug

Detroit

The death of a woman shot in the chest after she hugged an off-duty police officer from behind during a party is a tragic, unfathomable accident, Detroit's police chief said Monday.

Adaisha Miller was dancing and celebrating what would have been her 25th birthday the next day when she hugged the officer from behind during a party Sunday, her mother and authorities said. She died later of gunshot wounds to the chest.

Police Chief Ralph Godbee told reporters at a news conference that her death is an "unfathomable" accident and the officer is "very remorseful. We are profoundly sad at their loss," he said, referring to Miller's family.

"All she wanted to do was enjoy the weekend for her birthday."

— **YOLANDA McNAIR,** MOTHER OF ADAISHA MILLER, WHO WAS FATALLY SHOT SUNDAY

Godbee said the gun was in a waist holster made of soft material, which would have allowed the trigger to be activated. He believes the gun discharged after Miller hugged the officer from behind during a party at the officer's home.

The officer, whose name was not released, is on desk duty while the case is investigated. Police union lawyer John Goldpaugh said the officer didn't know Miller. (AP)

$8.6M

The amount Elizabeth Warren raised for her Massachusetts Senate campaign in the second quarter, her camp said Monday. Warren is running against Sen. Scott Brown, R-Mass. (THE WASHINGTON POST)

Nation



PLANS

Home Sweet Studio

New York Mayor Michael Bloomberg invited developers on Monday to propose ways to turn a city lot into an apartment building filled mostly with "micro-units" measuring no more than 300 square feet. Planners believe the tiny units could be the answer to a growing population of singles and two-person households. (AP)

Military Buries Airmen Killed in 1965 Crash



HARAZ N. GHANBARI/AP

JEFFREY CHRISTIANO COMFORTS his sister, Barbara Annechino, on Monday during the burial service for their father, Air Force Col. Joseph Christiano, at Arlington National Cemetery. Six airmen went missing over Laos in 1965; their remains, found in 2010 and 2011, were buried in one casket with full military honors.

Fed: 4 Suspects Linked to 'Fast'

Tucson, Ariz.

Authorities made a rare disclosure Monday linked to the botched gun-smuggling investigation known as Operation Fast and Furious, revealing identities and requesting the public's help in capturing four fugitives accused in the shooting death of a U.S. Border Patrol agent 18 months ago.

The FBI says it is seeking information related to 31-year-old Jesus Rosario Favela-Astorga, 34-year-old Ivan Soto-Barraza, 34-year-old Heraclio Osorio-Arellanes and Lionel Portillo-Meza. Operation Fast and Furious was launched in 2009 to catch trafficking kingpins. (AP)

Law Lets Firms Give Less to Pension Funds

Washington

A new law will let companies contribute billions of dollars less to their workers' pension funds, raising concerns about weakening the plans that millions of Americans count on for retirement.

Some expect the changes, passed by Congress last month and signed Friday by President Obama, to have little impact on the nation's enormous $1.9 trillion in estimated pension fund assets. Nearly half of Americans say they count heavily on their pensions for retirement, according to a 2011 poll. (AP)

LOSE WEIGHT
GAIN CONFIDENCE
BUILD SELF-ESTEEM
EMPOWER ONESELF



LA BOXING EST. 1992

Try Our 1000-Calorie Boxing/Kickboxing Workout Free!

ARLINGTON • ALEXANDRIA • BETHESDA
COLUMBIA • GEORGETOWN •ROCKVILLE

www.laboxing.com

World

In Brief

RAMALLAH, WEST BANK

Abbas OKs Exhumation Of Arafat for Inquiry

Palestinian President Mahmoud Abbas has given final approval to dig up Yasser Arafat's remains and is also pressing for an international investigation of his predecessor's mysterious 2004 death, a top aide said Monday. The decision came days after a Swiss lab detected elevated traces of a lethal radioactive agent on clothing said to be Arafat's. (AP)

MEXICO CITY

Candidate Vows to Fight Presidential Vote Tally



Lopez Obrador

Mexican leftist presidential candidate Andres Manuel Lopez Obrador said Monday he will mount court challenges against the results of the July 1 elections, claiming vote-buying and campaign overspending by the winner of official vote counts, Enrique Pena Nieto. Lopez Obrador finished about 6.6 percentage points behind Pena Nieto. (AP)

KABUL, AFGHANISTAN

Bomb Kills 6 U.S. Troops Amid Spike in Violence

An insurgent bomb killed six American soldiers in eastern Afghanistan, part of a surge of violence that has dealt a stark reminder that war is still raging as NATO plots an exit strategy for the end of 2014. Violence raged across the country Monday, including grisly attacks by multiple suicide bombers that left at least 20 people dead. (AP)

ISLAMABAD

8 Slain in Attack on Camp

Gunmen killed eight people in an attack Monday on a Pakistani army camp in Gujrat, a city where hard-line Islamists stopped on their way to the capital to protest the reopening of the NATO supply line to Afghanistan, police said. The attack occurred about an hour after protest leaders spoke, though was unclear if any Islamists were involved. (AP)

Egypt's Power Struggle Grows

Court ruling defies president, finding parliament invalid

Cairo

Egypt's highest court insisted Monday that its ruling to invalidate the Islamist-dominated parliament was final and binding, setting up a showdown with the country's newly elected president after he ordered lawmakers to return.

The announcement on state TV came a day after President Mohammed Morsi recalled the legislators, defying the powerful military's decision to dismiss parliament after the Supreme Constitutional Court ruled that a third of its members had been elected illegally.

However, both sides appeared together Monday at a military graduation ceremony. Morsi sat between the head of the armed forces Field Marshal Hussein Tantawi and Chief-of-Staff Sami Anan.

The powerful military, meanwhile, delivered a thinly veiled warning to Morsi, saying it trusted that all state institutions will respect the constitutional declarations issued by the military since Hosni Mubarak's ouster in 2011.

The declarations are an interim measure after the constitution in effect under Mubarak's 29-year rule was suspended. A permanent constitution has yet to be drafted. The final declaration gave the military far-reaching powers after ceding control to Morsi on June 30.

The statement said the military would continue to support "legitimacy, the constitution and the law," language that means the generals would likely oppose take the judiciary's side in its tussle with Morsi over the fate of parliament.

The parliament building remained under guard Monday, though scores of Morsi supporters gathered outside. Many Islamist lawmakers said they would attend Tuesday's session. But secular lawmakers were leaning toward a boycott. HAMZA HENDAWI (AP)

Speaking Out

> "The executive decision to overrule the Constitutional Court is turning Egypt from a government of law into a government of men."

MOHAMED EL BARADEI, THE NOBEL PRIZE-WINNING OPPOSITION LEADER IN EGYPT, IN A TWEET MONDAY.

> "How can we go and attend in violation of a court ruling?

IMAD GAD, A LIBERAL EGYPTIAN LAWMAKER, DISCUSSING THE RULING ON MONDAY.

S. Sudan Celebrates Its First Year of Statehood



PHOTO CREDIT

A DANCER PREPARES TO PERFORM as tens of thousands of South Sudanese gathered under a sweltering sun on Monday in the capital, Juba, to celebrate the first birthday of the world's youngest nation — an event marred by dire economic hardships and a near-constant threat of war with its northern neighbor, Sudan, from which it separated last year.

Officials Offer Possible ID of Mystery Illness

Phnom Penh, Cambodia

A deadly form of a common childhood illness has been linked to the mysterious child deaths in Cambodia that sparked alarm after a cause could not immediately be determined, health officials said Monday.

Lab tests confirmed that a virulent strain of hand, foot and mouth disease known as EV-71 is to blame for some of the 59 cases reviewed since April, including 52 deaths, according to a statement from the World Health Organization and Cambodian Health Ministry.

Hand, foot and mouth disease has been raging across Asia, but epidemiologists are still gathering information, as the lab results also identified other diseases. (AP)

Launching Controversy: Residents of a London apartment tower went to court Monday in a bid to stop their rooftop from being used as a missile base during the Olympic Games, saying such a deployment could make the building a terrorist target. The British military plans to deploy surface-to-air missiles at six sites around London as part of a vast security operation for the July 27-Aug. 12 games. A ruling in the case was expected Tuesday. (AP)

World

Hearsay



"Your honors, after being there that night, there is no doubt in my mind they were all killed."

— **ELVEDIN PASIC,** A 34-YEAR-OLD BOSNIAN MUSLIM WHO ON MONDAY BECAME THE FIRST WITNESS AT THE U.N. TRIAL OF RATKO MLADIC, TESTIFYING ABOUT WHAT HE BELIEVES WAS THE FATE OF HIS FATHER AND ABOUT 150 MEN CAPTURED BY BOSNIAN SERB TROOPS IN 1992

Annan Seeks Iranian Aid in Syria

Damascus, Syria

International envoy Kofi Annan tried to rescue his peace plan for Syria by seeking help Monday from Iran, a staunch ally and military backer of President Bashar Assad's regime.

Before flying to Tehran, Annan, the architect of the primary international plan to end Syria's 16-month-old crisis, said he had agreed with Assad on a new approach to stop the violence. Annan has said Iran must be a part of a solution to the conflict.

Annan did not spell out the agreement or say what kind of involvement he saw for Iran in resolving the crisis. Anti-regime fighters dismissed any role for Iran in a plan they and some experts say has little hope of succeeding.

"Kofi thinks you can't have a political transition and solution without the Iranians on board, but this is still part of the understanding that Assad and the regime will be part of the solution — an idea many of us have given up on," said Salman Shaikh, director of the Brookings Doha Center and an analyst on regional politics.

Annan's efforts to broker an end to the Syrian conflict as the U.N.-Arab League envoy have unraveled as the uprising that began with peaceful protests in March 2011 has spiraled toward civil war.

Annan's peace plan was to begin with a cease-fire in mid-April, to be followed by political dialogue. But the truce never took hold, and activists have raised the death toll in Syria to more than 17,000. (AP)

Meanwhile ...

Russia on Monday signaled that it would not sign new weapons contracts with Syria until the situation there calms down. The country will continue with previously agreed exports but will not be selling new arms to Syria, an official told Russian news agencies. Russia has been providing Syria's army with spare parts and assistance in repairs of the weapons supplied earlier. (AP)

TECHNOLOGY

Legal, but Less 'Cool'

It may not have been what Samsung wanted to hear, but it got the outcome it wanted. A British judge ruled Monday that Samsung's tablets do not infringe on the iPad's design, the Guardian said, because "they are not as cool." The report said the judge justified his assertion in part by pointing out how they look and feel. But Samsung was happy, saying that the ruling proves Apple doesn't have the right to "generic" product design. (THE WASHINGTON POST)



GOLD'S GYM GET FIT CHALLENGE

12 WEEKS. 6 CHALLENGERS. 1 GOAL.

WEEK TEN

WEIGHT: Looking Beyond the Number

Each week, our contestants step on the scale to weigh themselves. And while they've all made astounding progress so far, there's always a certain level of tension involved in waiting to see what number pops up. Sometimes it's smaller than expected. In all cases, the number of pounds you weigh can have an astounding hold on you—inspiring you, surprising you, challenging you, and even disappointing you. But is health really all about the number of pounds you weigh? How can you look beyond the scale and recognize other positive benefits of a personal fitness journey?

We spoke with Vasanth about what it's like to weigh in every week.



What's going through your mind when you step on the scale each week?

Vasanth: There's definitely a lot of trepidation, especially in recent weeks when I was unable to exercise to the best of my potential because of a sprained ankle. On the weeks when I know I've given it my all, however, there's a lot of excitement.

How are you measuring your progress aside from the number of pounds lost?

Vasanth: Once a month since the start of the Challenge, I've had my measurements taken. Over the last two months, I've successfully lost over 12 inches all around, which has definitely helped me feel better about my progress on tough weeks when I saw little to no actual weight loss. I also set simple goals like being able to run a mile in under 10 minutes on the elliptical or increasing the amount of weight I incorporate into my workouts with my trainer.

How did you handle a situation where the number on the scale wasn't what you expected?

Vasanth: As frustrating as it was not seeing the desired weight loss, I was quite happy at least by the overall inches I'd lost and other achievements such as being able to run faster or successfully completing some of the group classes at Gold's Gym. After analyzing my situation, I believe it all comes down (for me) to eating properly regulated meals at the correct time of day and taking my time in savoring each meal.

We also chatted with Neil for advice on how to approach the scale.

Why is it so important to look beyond the numbers on the scale?

Neil: The number on the scale will never tell you whether you have high blood pressure or clogged arteries. A much better determination of your health comes from whether or not you get winded walking up a few flights of stairs or whether the pants you bought last week are now too tight around the waist. Both are clear indicators that either your cardiovascular stamina is weak or you're putting on inches of visceral (belly) fat.

How often should people weigh themselves to accurately measure their progress?

Neil: I suggest you give yourself three to four weeks (at minimum) between measuring your weight, because your body can take up to four weeks to adapt to a new diet or exercise routine.

How should someone approach a scale reading that's disappointing? That's encouraging?

Neil: A disappointing scale reading should not discourage you but should act as an incentive for you to work harder and look closer at your current health habits. An encouraging scale reading should reinforce the idea that you're on the right track—but by no means signify that you should stop working on improving yourself.



CHALLENGERS	PREVIOUS WEIGHT	CURRENT WEIGHT	TOTAL LOSS	TOTAL POINTS
Paige	188 lbs.	186 lbs.	39 lbs.	46 points
Tamika	220 lbs.	220 lbs.	42 lbs.	44 points
Jim	190 lbs.	190 lbs.	36 lbs.	41 points
Mike	299 lbs.	299 lbs.	37 lbs.	32 points
Vasanth	245 lbs.	243 lbs.	27 lbs.	27 points
Brittany	179 lbs.	180 lbs.	9 lbs.	20 points

Points are awarded weekly for % of body weight lost and competitive challenges.

express

Start seeing better numbers on the scale with this exclusive, limited-time offer:

A FREE 7-Day VIP membership to Gold's Gym!

Learn more at **goldsgym.com/getfitchallenge**



World

Eurozone's 'Lost' Youth

Jobless rate among young adults grows to record 22 percent

Brussels

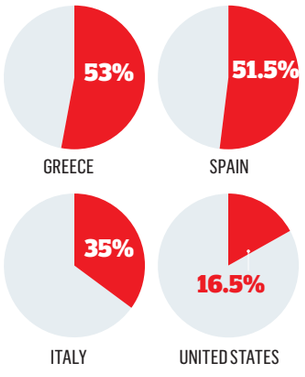
Irene Fernandez lost her job with Spain's postal service five months ago, a victim of government spending cuts. She's been getting by on money from her mother and the $530 a month she earns grooming dogs for neighbors. Fernandez, 24, has had one job interview.

"This year has been the toughest," she says. "I am beginning to realize that things are going to be a lot tougher for me than for my mother's generation."

Europe's economic crisis is hitting young people the hardest. In the 17 eurozone countries, youth unemployment is a record 22 percent, twice the eurozone's record-high overall unemployment rate of 11 percent.

Young Job-Seekers

In the eurozone, the youth unemployment rate is 22 percent — the highest since the euro was implemented in 1999. Here's a look at the greatest offenders in the youth unemployment rate, and how their numbers stack up against the American economy. (AP)



NOTE: EUROPE'S YOUTH UNEMPLOYMENT RATE COVERS AGES 15 THROUGH 24, WHILE THE U.S. RATE COVERS AGES 16 THROUGH 24.

The striking exception is Germany, where youth unemployment is only 7.9 percent, thanks to a vocational education system.

Economists fear that years of unemployment could produce a European version of Japan's "Lost Generation," the young adults who looked in vain for jobs in the 1990s and today find themselves locked out of good careers.

Europe's economic malaise has made things far worse. Countries have adopted austerity programs and cut government employees. Companies have announced layoffs or frozen hiring.

As a result, waves of young people have graduated from high school or college with little chance of finding a job, pushing the unemployment rate higher each year.

The outlook is grim. More than half the eurozone countries are in a recession, and the overall economy will shrink this year, the International Monetary Fund says. (AP)

Flood Debris Emerges in Russia



SERGEY PONOMAREV/AP

CHILDREN PLAY ALONG A RIVERBANK on Monday in Nizhnebakansky, Russia, where cars that were swept away by flooding over the weekend became entangled in debris. Authorities failed to properly warn residents in the Black Sea region of the flash floods that killed at least 171 people, officials said. Monday was declared a day of national mourning.

DO YOU USE MARIJUANA?



You're needed for **RESEARCH STUDIES** if you use **MARIJUANA** and are **18-45** years old.

These studies may help us figure out how marijuana affects the body, the brain, and behavior.

- Participants are paid for time and travel
- No cost to participate
- Studies take place in east Baltimore

Call today for a confidential screening.

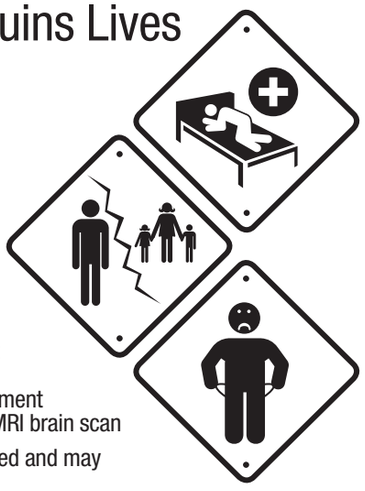
1-800-535-8254

www.ResearchStudies.DrugAbuse.gov

NATIONAL INSTITUTES OF HEALTH | NIDA NATIONAL INSTITUTE ON DRUG ABUSE

WE NEED YOU

WARNING: Alcohol Ruins Lives



DO YOU HAVE ALCOHOL AND ANXIETY PROBLEMS?
You may be eligible for a research study testing whether an investigational drug compared to a placebo can help reduce your cravings for alcohol.

You may be eligible for the study if you:
- Are 21–65 years of age
- Use alcohol on a regular basis
- Often feel anxious
- Have tried to stop drinking alcohol but can't

Participants will:
- Stay at the Clinical Center in Bethesda, Maryland, for about five weeks
- Undergo detoxification (if needed) and receive alcohol treatment
- Complete questionnaires, have blood drawn, and have an MRI brain scan

There is no cost to participate. Participants will be compensated and may receive travel assistance.

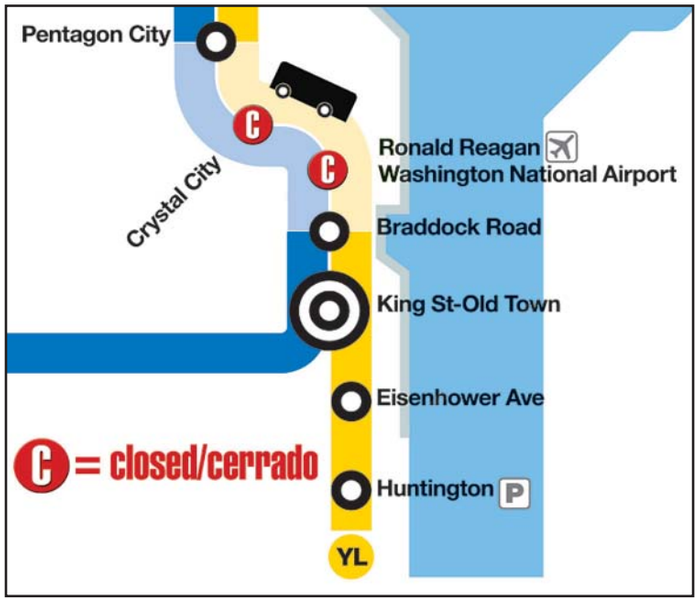
WE NEED YOU

Call now for a confidential screening:
1-800-535-8254

TTY: 1-866-411-1010
www.clinicaltrials.gov

NIH | NIAAA

TRACK WORK THIS WEEKEND



From Friday, July 13 at 10 p.m. to Sunday, July 15 at closing:

Buses replace trains on the Blue and Yellow Lines between Pentagon City and Braddock Road as Metro installs fiber-optic cable for improved cell phone coverage, replaces cross ties and performs insulator work. To get last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.

metro forward
a better ride for you

SINGLE TRACKING THIS WEEKEND

BETWEEN
- RD Takoma - Forest Glen
- OR East Falls Church - Ballston
- GR Fort Totten - Prince George's Plaza

Weekend train schedules are adjusted for MetroForward rebuilding efforts.
Please allow extra travel time.
For details, go to wmata.com/alerts.

DC Rider METRO NEWS ON YOUR iPHONE AND ANDROID — DOWNLOAD FREE.

XX609 5X.5

Give it a rest.



Just 59¢

For a limited-time, get 52 weeks of Sunday-only home-delivery of **The Washington Post** for only 59¢ a week! Or get 7-day home-delivery for just $1.59 a week!

To subscribe, call toll-free: **1-800-357-9352, Ext. 5**
or visit **wpsubscribe.com/summer2012x**

The Washington Post
If you don't get it, you don't get it.

Offer expires 7/26/12. Available to new subscribers only. Restrictions may apply.

DD52 RPNO XPS262 5x10.5

D.C.'s Monumental Wait

The Mall's iconic obelisk will likely see quake repairs extend into 2014

Washington

Repairs that could keep the earthquake-damaged Washington Monument closed into 2014 will require the exterior and part of the interior of the 555-foot structure to be shrouded in scaffolding, the National Park Service announced Monday.

The estimated $15 million project will necessitate the temporary removal of part of the granite plaza surrounding the monument and the bracing of huge stone slabs that now rest on cracked supports near the structure's top.

Robert Vogel, superintendent of the Park Service's National Mall and Memorial Parks, said the project also may require the temporary removal of some of the plaza's flagpoles and benches.

The marble and granite monument was extensively damaged by the magnitude-5.8 earthquake that struck the area last Aug. 23.

The structure, especially near the top, sustained cracks and loosened pieces of stone and mortar when it was essentially whiplashed by the quake.

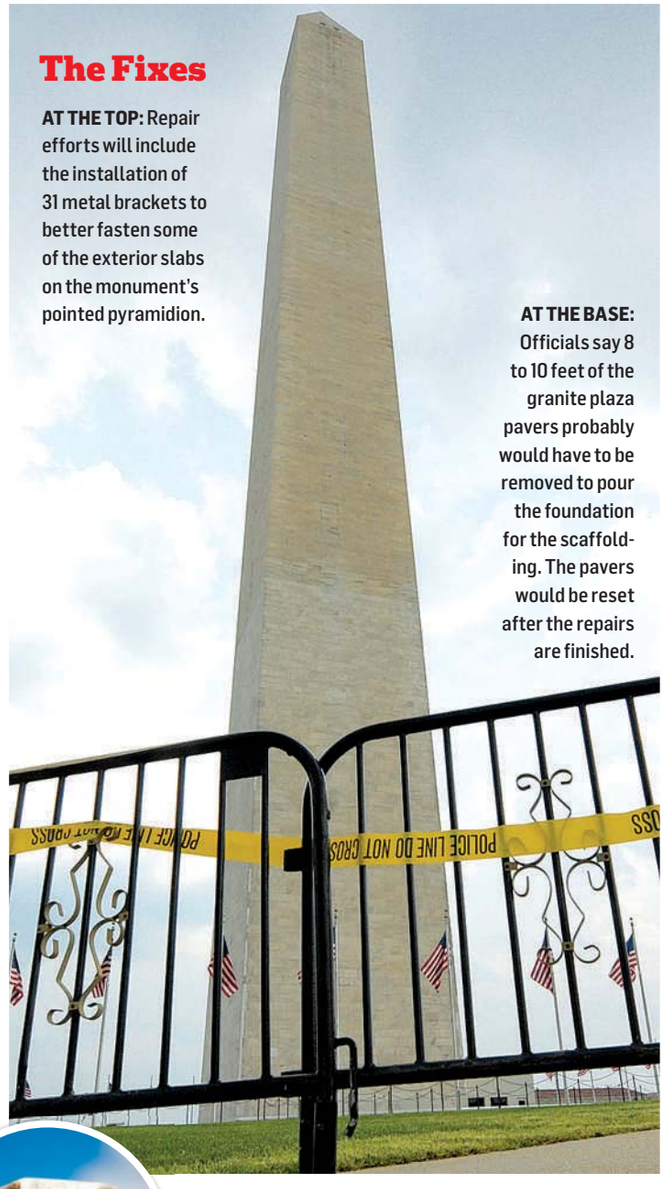
The monument, which is entered by about 600,000 visitors a year, has been closed since the quake struck. Officials had said it might be closed until next year, but they now say the complex work could stretch into the following year, "which is frustrating," Vogel said.

He said he hoped there might be some sort of webcam on the construction so people could see what was going on during the work, Vogel said. Repairs should be under way by the fall.

The Fixes

AT THE TOP: Repair efforts will include the installation of 31 metal brackets to better fasten some of the exterior slabs on the monument's pointed pyramidion.

AT THE BASE: Officials say 8 to 10 feet of the granite plaza pavers probably would have to be removed to pour the foundation for the scaffolding. The pavers would be reset after the repairs are finished.





Rock On: Large chunks of stone were shaken loose by the earthquake, and other unstable pieces were removed in the following weeks. The removed pieces were saved, said Michael Morelli, the repair project manager, and engineers hope to fasten them back into place.

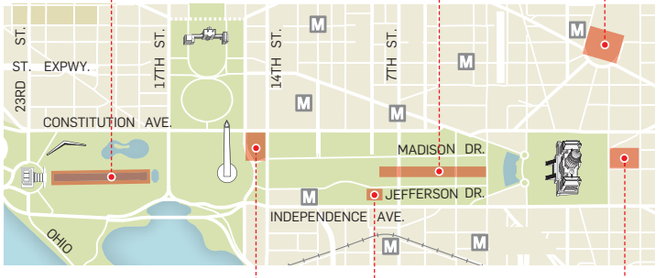
Plugged In: Where stone is missing, a patch — called a "dutchman" — can be cut from extra monument stone the Park Service has in storage or from a quarry that has previously provided monument stone, Morelli said. He said about 50 such patches will be required. Everything else is the repair of cracks, large and small.

Pardon the Dust

The Reflecting Pool in front of the Lincoln Memorial is slated to be finished in August, concluding an 18-month, $30.7 million renovation.

National Mall turf between 3rd and 7th streets is being replaced. Its completion is anticipated in late 2012.

Columbus Circle, in front of Union Station, is undergoing an 18-month, $7.8 million upgrade to improve access and safety.



The National African American Museum's future home is being prepped for construction. The Smithsonian's newest museum is scheduled to be completed in fall 2015.

The Arts and Industries Building is in the middle of a years-long multimillion-dollar project to renovate its red brick façade. Officials hope to reopen the building to the public in 2014.

The Supreme Court is shrouded in scaffolding as part of an overhaul of a massive modernization project expected to finish in 2013.

"It's a pretty big project," he said. "Just putting up the scaffolding is a huge undertaking and challenge for us."

Tourism officials said Monday that visitors have been disappointed that the monument is closed, but it does not seem to have affected visits to the city.

The monument repair project manager, Michael Morelli, said the park service issued a request for bids late last month and hopes to get proposals by July 31. Contracts should be awarded by next month.

He said the park service has a highly detailed assessment of the repairs that are needed — "where every crack was found, what the damage was, what kind of crack it is."

"It's pretty intricate," he said. "That's what took us so long."

The project will create a large construction site, with a crane likely required to install the scaffolding and an access road built to the monument from a staging area next to the Sylvan Theater off Independence Avenue SW.

The project is being funded by the government and by a $7.5 million donation from local businessman and philanthropist David M. Rubenstein.

"Nothing beats the view. ... There's no question people are disappointed."

— **A SPOKESWOMAN** FOR DESTINATION DC, THE CITY'S OFFICIAL TOURISM CORPORATION, DISCUSSING THE EXPECTED CLOSURE OF THE WASHINGTON MONUMENT INTO 2014

"It's certainly a unique structure," Morelli said. "It's like the Statue of Liberty, a one-of-a-kind thing. You've got to go see these at least once in your life."

MICHAEL E. RUANE (THE WASHINGTON POST)

DC Rider

FREE IPHONE APP AVAILABLE NOW AT THE ITUNES STORE

Metro Disrupted All the Time

Q When was the last time Metro had a rush hour without at least a 5-minute delay on any line?

Some week. Seven days ago, I would have predicted the main transit news would be about continuing issues concerning Rush Plus on the Blue, Yellow and Orange lines.

Those issues do persist, but it turned out the Green Line accounted for a big share of the week's transit troubles. And problems continued during this morning's rush hour, particularly for Virginia riders on the Blue and Yellow lines. If you combine scheduled disruptions for maintenance and unscheduled disruptions for new problems, Metrorail is basically disrupted all the time. Riders know this, of course, but I think it hasn't really sunk in among the region's leaders. It should be considered a big problem for the region's transportation network, because we need a lot of people to take transit. To have a lot of people take transit, we need transit to be reliable.

Reliability — compared to driving — was always a key selling point. But Metro is basically telling us that the delays and disruptions will continue for an undefined period of time.

Dr. Gridlock offers commuter counseling online at washingtonpost.com.

Q Dr. Gridlock, are you aware of any subway systems in the world that are privatized or partially privatized? Is there any opportunity for this to help ailing Metro? I am aware that some cities bid certain bus routes/contracts to private companies or garbage pickup. There's the threat of losing the contract if performance is poor. Hiring subcontractors who have the same incentive as government workers doesn't seem to work.

I'm not aware of any major U.S. transit system that has been privatized. The privatization efforts that I'm aware of in our transportation system have to do with roads, like the Virginia HOT lanes.

Q Can you give us a summary of the potential impact on the Metro system of the extension that the Loudoun County board just approved? How does Metro intend to supply the train cars, maintenance personnel, track workers, etc. when it has trouble maintaining the current system?

Metro has many problems with the existing system. I think it's going to be very difficult to add in the Silver Line. At least that will happen in two phases. The first one, opening in late 2013 or early 2014, goes through Tysons Corner and west to Wiehle Avenue. Most of the additional riders from phase 1 will be commuters who shift their station to Wiehle Ave. Metro will most likely be shifting bus routes, too.

Q Monday, I waited at the Pentagon City station after a stalled train was cleared. Then 10 nearly empty outbound trains passed and two trains too full to board hopelessly stopped and left in the inbound direction. It seems that turning just one of those outbound trains around earlier could have cleared the crowds off the platforms at at least one or two stations. Is there a reason Metro's operation isn't nimble enough to make these kinds of quick decisions?

Metro controllers do worry about crowding of the platforms after a rush-hour train is disabled. Where the trains turn around depends on the track configuration. There has to be a switch or a pocket track that will allow the train to turn back.

Are you healthy? Help us fight the flu!



If you are healthy, have some time, and have an interest in helping researchers make discoveries about influenza (the flu), we need you for a screening study.

Participants will be asked to make one visit to the NIH Clinical Center in Bethesda, Maryland, for a blood draw, medical history, and physical exam. The screening is used to determine eligibility for future studies that will help researchers learn more about the development and course of the flu virus. Participants will be compensated for their time.

You may be eligible for screening if you are:
• 18 – 50 years old • A non-smoker or non-habitual smoker • Interested in participating in future studies

For more information, call 1-800-411-1222
(reference 11-I-0183) TTY: 1-866-411-1010 Se habla español
Visit: **www.niaid.nih.gov/Volunteer/flu/Pages/VICstudy.aspx**

NIAID

Imagine Hope Community Charter School

LAMOND CAMPUS
6200 KANSAS AVE., NE
Washington, D.C. 20011





JUSTICE. FUN. INTEGRITY.

HERE, IS WHERE I WANT TO BE...IMAGINE HOPE!!!



NOW ENROLLING FOR 2012-2013
PLACES AVAILABLE IN PREK3 - 6TH

Contact Us: (202) 722-4421

Gray Donor Charged in Probe

PR consultant part of investigation into 2010 mayoral race

Washington

Public relations consultant Jeanne Clarke Harris was charged Monday with conspiracy, fraud and making false statements in the ongoing probe of Mayor Vincent C. Gray's 2010 campaign that now has broadened to include contributions to various candidates dating back to 2003.

According to a charging document released Monday, Harris was a conspirator with a local business owner in making contributions to federal and D.C. candidates in the names of others, including relatives, friends and employees.

According to the document, under a massive scheme, Harris would promise straw contributors that they would be reimbursed through the conspirator's firms.

The document does not name the business owner.

But federal agents in March raided the homes and businesses of Harris and Jeffrey E. Thompson, sole owner of health care firm Chartered Health Plan and the majority owner of accounting firm Thompson, Cobb, Bazilio & Associates, two District-based companies that do millions of dollars of business with the city government. Harris and Thompson are longtime friends and business associates.

Lawyers for Harris and Thompson did not immediately return phone calls.

Harris was charged in a criminal information, a legal document that cannot be filed without the consent of the defendant. It generally signals a plea agreement.

Harris is scheduled to appear in court Tuesday for a plea hearing before the same judge who has been handling most of the defendants in the ongoing investigation into Gray's campaign.

NIKITA STEWART (THE WASHINGTON POST)

Meanwhile ...

District voters could decide in November whether to ban direct corporate contributions to local politicians and candidates after activists delivered more than 30,000 signatures to the city elections board Monday to get an initiative on the ballot. D.C. Public Trust, a grassroots group, needed about 23,200 signatures from registered voters, or 5 percent, to get Initiative 70 on the ballot. They also had to get 5 percent of voters in five of the city's eight wards. The D.C. Board of Elections and Ethics will now begin a 30-day review process. (TWP)

Art Fresh From the D.C. Streets

Washington

It's been ages since street art was of and for the streets: These days, star street artists move seamlessly from wheat-pasting and tagging in alleys to having their work displayed in museums. Ora Nwabueze hopes that his VeraCruz Gallery, opening Tuesday off the U Street corridor, will be a new stop in their career trajectories — he's founding a space that will invite local and international street artists to install murals on the gallery's walls on a rotating basis.

"I won't say [street art] is becoming more mainstream, but I think it is a function of artists and patrons wanting more of it, and people with spaces accommodating more of it," Nwabueze says. VeraCruz is "specific in its focus on murals, but a logical extension of the quality of the work exploding."

The second-floor space at 2106 Vermont Ave. NW will open to the public Tuesday at 7 p.m.



MATT MCCLAIN/FTWP

Brandon Hill, 28, works on a piece for his upcoming show at the VeraCruz Gallery.

It will not be a wine-and-cheese-every-first-Friday kind of place — instead, it's a beer-and-tacos-and-party kind of place, and whether it will become better known for the latter or for its DIY aesthetic remains to be seen.

"We have kind of turned a corner on what a gallery is," Nwabueze says. "It is completely up for grabs."

MAURA JUDKIS (THE WASHINGTON POST)

Hearsay



"I am comfortable that we will be able to demonstrate that ... we performed well considering the severity of the event."

— **FELECIA GREER,** DIRECTOR AND CUSTOMER ADVOCATE FOR PEPCO, SPEAKING ON THE POWER COMPANY'S PERFORMANCE IN GETTING POWER BACK TO CUSTOMERS FOLLOWING A JUNE 29 STORM THAT CLOBBERED THE REGION

Conspicuous Crustacean: A rare blue lobster caught off the coast of Ocean City is now on display at the National Aquarium in Washington. Aquarium officials say the blue lobster is a 1 in 2 million exception to the reddish-brown shade of most lobsters. The lobster was caught in June by the crew of the Pot Luck fishing boat. The lobster, nicknamed Toby, was kept in a tank at Martin Fish Co. until it was turned over to aquarium staff. (AP)



The HAMILTON LIVE
UPCOMING PERFORMANCES
THURSDAY, JULY 12
THE STEEL WHEELS
FRIDAY, JULY 13
THE HACKENSAW BOYS
W/ TONY TRISCHKA
SATURDAY, JULY 14
ANDERS OSBORNE
W/ OLI BROWN BAND
SUNDAY, JULY 15
THE HONEYDOGS
W/ THE GROWNUP NOISE
MONDAY, JULY 16
MARIA MULDAUR
TUESDAY, JULY 17 2 SHOWS
THE ORCHESTRE POLY-RYTHMO DE COTONOU
WEDNESDAY, JULY 18
THE REBIRTH BRASS BAND
THURSDAY, JULY 19
JIM MESSINA
FRIDAY, JULY 20
PAPA GROWS FUNK
SATURDAY, JULY 21
THE SLACKERS
W/ THE SHIFTERS
THURSDAY, JULY 26
7 WALKERS
FRIDAY, JULY 27
EMPRESARIOS
SATURDAY, JULY 28 2 SHOWS
TOAD THE WET SPROCKET
WEDNESDAY, AUG 1
LEGENDARY DRUMMER
DANNY SERAPHINE & CTA
THURSDAY, AUG 2
JERRY GARCIA
70TH BIRTHDAY CELEBRATION
FEATURING JOHN K OF FURTHUR, THE JOHN K BAND, JOE UEHLEIN AND THE U-LINERS, ON THE BUS
FRIDAY, AUG 3
POCO
SATURDAY, AUG 4
THE DEANNA BOGART BAND
SUNDAY, AUG 5
THE STEELDRIVERS
14TH & F near Metro Center
@thehamiltondc
/thehamiltondc
202.787.1000
BUY TICKETS
THEHAMILTONDC.COM

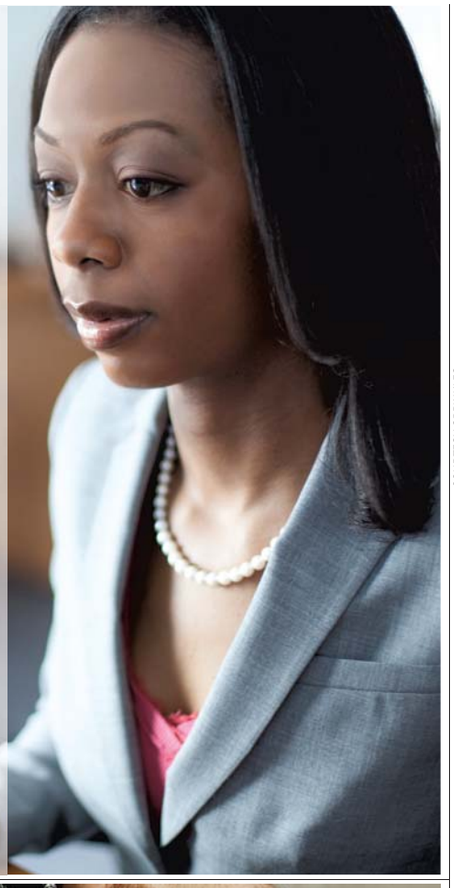
FOX

THE POWER OF CONNECTION
Temple University's FOX ONLINE MBA utilizes the latest technology and lets you earn a highly ranked, accredited MBA with the flexibility of online learning. Innovation. Collaboration. Reputation.

Fox proudly participates in the Yellow Ribbon program.

DISCOVER THE POWER OF FOX®
www.fox.temple.edu/omba
215-204-5890

Fox School of Business
TEMPLE UNIVERSITY®



Fierce Style. Fierce Attitude. Fierce Action.

BE FIERCE
Volunteer for an HIV vaccine research study.

HIV-negative men and M-to-F transgender people 18 to 50 years of age can take action by volunteering in an HIV vaccine research study. There is no risk of infection from the vaccine and volunteers will be compensated for their participation.

1-866-833-5433
TTY 1-866-411-1010
vaccines@nih.gov
hopetakesaction.org

NIAID

Is your personal space this tiny?
Digs
The last Friday of each month in Express.
XX195 3x5

Local



COURTESY SPRINKLES

Sprinkles founder Candace Nelson says the Beverly Hills cupcake dispenser, above, has been a success to the tune of an estimated 1,000 cupcakes sold every day.

Georgetown's Sprinkles To Launch Cupcake ATM

Washington

It's 2 a.m. The bars have just closed, and you're craving the sugary goodness of a cupcake. Trouble is, bakeries are closed, too.

Not for much longer.

Come August, Sprinkles plans to turn on a 24-hour cupcake dispensing machine at its bakery, located at 3015 M St. NW.

Resembling an ATM, the machine features a touchscreen that allows customers to scroll through a menu of cupcake flavors. Once a selection is made and paid for by credit card, a robotic arm grabs the pastry from a shelf. The cupcake, neatly boxed up, is then dispensed through a turnstile.

Customers can only buy one cupcake at a time because of the configuration of the machine.

Bakers at Sprinkles plan to periodically restock the vault — which can hold 600 cupcakes — throughout the day to keep the pastries fresh. Candace Nelson, founder of Sprinkles, said the machine is a customer favorite in Beverly Hills, home of the bakery chain and where the first cupcake dispenser opened in March.

She estimates that the machine there doles out 1,000 cupcakes a day. At that rate, sales should more than cover the $100,000 cost of the machine any day now. Nelson is guarded about discussing finances but said the machine has been a successful venture.

$4
The price of a cupcake from the Sprinkles vending machine, 50 cents more than in the store.

"It's been a nice surprise for us," said Nelson, who runs the company with her husband, Charles. "We thought it would a fun innovative addition to our store, but we weren't anticipating how much business it would drive." DANIELLE DOUGLAS (CAPITAL BUSINESS)

The Lotteries

Monday, July 8

District

Mid-day Lucky Numbers	2-2-7
Evening Lucky Numbers (Sun.)	6-5-7
Mid-day DC 4	9-7-3-7
Evening DC 4 (Sun.)	0-7-6-9
Mid-day D.C. Five	5-3-4-6-4
Evening D.C. Five (Sun.)	1-5-3-8-8

Maryland

Mid-day Pick 3	5-6-3
Evening Pick 3 (Sun.)	3-9-5
Mid-day Pick 4	2-1-9-6
Evening Pick 4 (Sun.)	7-0-1-9
Match 5 (Sun.)	16-20-32-33-36 (4)

Virginia

Mid-day Pick 3	6-7-3
Evening Pick 3 (Sun.)	9-6-5
Mid-day Pick 4	9-5-6-1
Evening Pick 4 (Sun.)	5-2-8-7
Mid-day Cash 5 (Sun.)	8-13-28-32-33
Evening Cash 5 (Sun.)	1-4-9-20-28

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Long-Term Thinking

Desmond's All-Star absence represents Nats' new mind-set

The Nationals

On the day it was announced that Ian Desmond was too hurt to play in Tuesday's All-Star game, the Nationals shortstop smashed his team-leading 16th home run.

That was Saturday. On Sunday, Desmond hit No. 17.

He has been bothered for more than a month by a left oblique strain, but he's played every game and lately has been on the hottest run of his young career. Technically, he's still an All-Star, though he'll miss out on his first chance to participate in the festivities. His decision says plenty about his priorities: He's choosing to take care of himself in the hopes of helping the division-leading Nationals to their first postseason berth since baseball returned to Washington.

For nearly all of the team's most-recent incarnation, an invite to the Midsummer Classic would have been the highlight of the season. No more.

5 The record number of rookies in Tuesday's All-Star Game, including the Nationals' 19-year-old phenom, Bryce Harper.

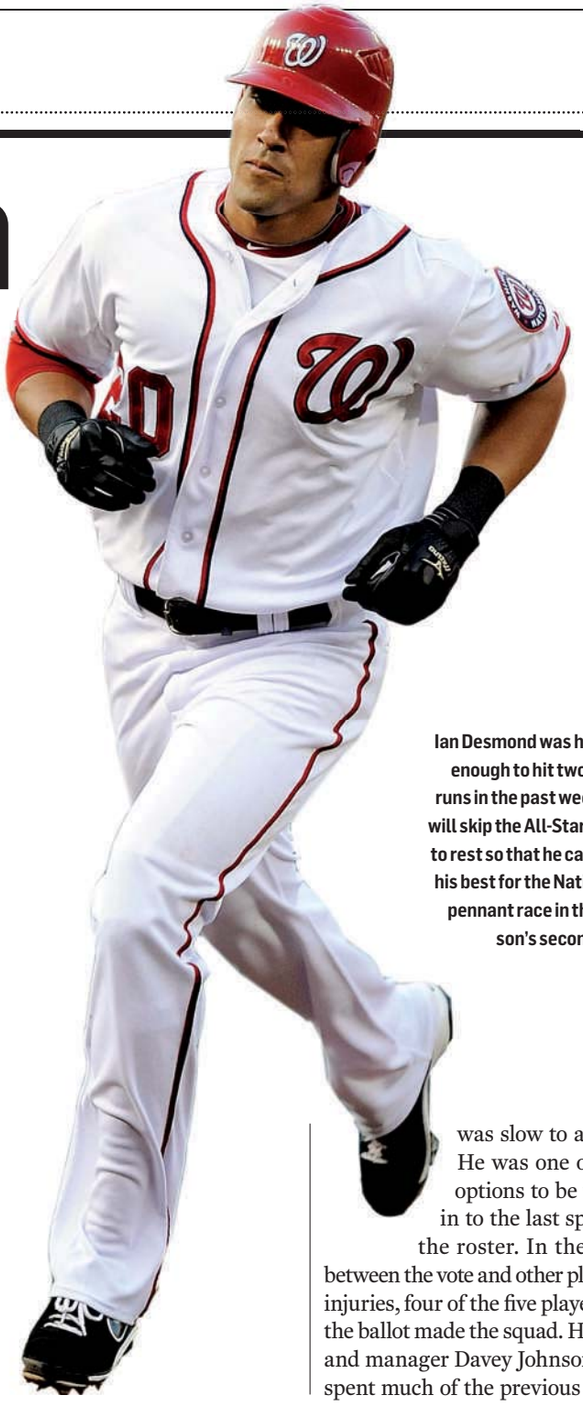
"It was definitely a tough decision, one that we spent quite a few days mulling over," Desmond said. "I would hate to be two, three weeks down the road and something happened and I didn't take the four days to rest my body and put the team first."

The Nationals broke even on Saturday. After it was announced that Desmond would sit out the All-Star Game, rookie outfielder Bryce Harper (.282, eight home runs, 25 RBI) was added to the National League squad to replace injured Miami outfielder Giancarlo Stanton. Harper becomes the youngest player ever chosen for an All-Star team and joins starting pitchers Stephen Strasburg (9-4, 2.82 ERA) and Gio Gonzalez (12-3, 2.92) at the game in Kansas City.

Harper's All-Star invitation was slow to arrive. He was one of five options to be voted in to the last spot on the roster. In the end, between the vote and other players' injuries, four of the five players on the ballot made the squad. Harper and manager Davey Johnson had spent much of the previous week downplaying the teen's prospects. Johnson preferred that Harper rest a nagging back problem and the rookie insisted he'd be just as happy visiting his family in Las Vegas and clearing his mind for the stretch run.

Now he says his family will fly to Kansas City to see him and he may sneak in a day in Vegas before the season's second half resumes on Friday. He plans to make the most of his first All-Star experience, sharing a clubhouse with the league's best players.

"As long as I'm there in the dugout with all those guys," he said, "I'll be on the top step trying to get in, just watching and hanging out and enjoying it." DEREK TURNER (FOR EXPRESS)



Ian Desmond was healthy enough to hit two home runs in the past week, but will skip the All-Star Game to rest so that he can be at his best for the Nationals' pennant race in the season's second half.

PATRICK MCDERMOTT/GETTY IMAGES



Meanwhile ...

Nationals owner Ted Lerner flew into Kansas City on Sunday night for the All-Star Game with hopes of moving Washington up the pecking order to host the Midsummer Classic for the first time since 1962. The thinking within baseball is that Nationals Park may host within five years, but competition from Wrigley Field's 100th anniversary is just one roadblock. (THE WASHINGTON POST)

ALL-STAR LINEUP • Batting order for Tuesday's game

	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	STARTING PITCHER
N.L.	CARLOS GONZALEZ DH, ROCKIES	MELKY CABRERA CF, GIANTS	RYAN BRAUN LF, BREWERS	JOEY VOTTO 1B, REDS	CARLOS BELTRAN RF, CARDINALS	BUSTER POSEY C, GIANTS	PABLO SANDOVAL 3B, CARDINALS	DAN UGGLA 2B, BRAVES	RAFAEL FURCAL SS, CARDINALS	MATT CAIN GIANTS
A.L.	DEREK JETER SS, YANKEES	ROBINSON CANO 2B, YANKEES	JOSH HAMILTON LF, RANGERS	JOSE BAUTISTA RF, BLUE JAYS	PRINCE FIELDER 1B, TIGERS	ADRIAN BELTRE 3B, RANGERS	DAVID ORTIZ DH, RED SOX	MIKE NAPOLI C, RANGERS	CURTIS GRANDERSON CF, YANKEES	JUSTIN VERLANDER TIGERS

express health directory

Feeling Down or Depressed?

If you are between the ages of 18 and 65, and struggling with depression you may qualify to participate in a research study with an investigational medication for depression.

To learn more, please visit:
depressionstudies.com
or call: **240-997-6593**

Eligible participants will receive study medication and may receive compensation for time and travel.

Asthma Research Study

Do you, or does your child, have asthma?



You or your child may qualify if they:
- Are 12 years of age or older
- Have had asthma for at least one year
- Are receiving asthma treatment
- Have had asthma bad enough to see a doctor in the last 12 months

There are other study requirements that will determine whether individuals may participate in this clinical research study.

- There is no placebo (inactive substance, sometimes referred to as a sugar pill) in this clinical research study.
- There will be no blood draws (no needles) during this clinical research study.
- Qualified study participants will receive asthma medication and study related medical care for their asthma.
- Reimbursement for time and travel may be provided.



To see if you qualify, call:
Alexandria Clinical Research • (571) 286 - 8083

Our research team at the University of Maryland is currently working with the community to find solutions to the problem of risk taking among adolescents.

We are recruiting **parents** & their **children** ages **9-13** for participation in a research study.

You and your child will spend two hours at our center filling out questionnaires and completing two non-violent computer games.

Each parent will receive **$25** in cash for completing these forms and your child will receive **prizes** valued up to **$25** such as children's books, gadgets, and toys.

The study takes place at the Center for Addictions, Personality, and Emotion Research at the University of Maryland's College Park campus

If you are interested and want to know more about our study,

please call us at
(240) 688-8137
or email us at
caperchildstudy@umd.edu

Sponsored by the National Institute on Drug Abuse

FRUSTRATED WITH THE INCREASING COST OF FERTILITY TREATMENTS?

Minimal Stimulation - IVF
½ the cost of traditional IVF • Fewer medications
Less time away from work
THE Muasher Center for Fertility and IVF
Where Experience and Compassionate Care Come Together
Log on to www.mcfivf.com
for more information.
Don't forget to ask about our Loyalty Program.
Call 703-876-6311
to speak to a member of our team.
8501 Arlington Boulevard, Suite 500, Fairfax, VA 22031
Fertility weight loss options available.
Affordable IVF treatment with proven success
Se habla español



sleep apnea

the more you lose, the more you may gain

volunteer for an investigational medication weight loss study

Do you start the day tired? If you have sleep apnea, explore a non-CPAP clinical research study option. This investigational medication study will help find out if weight loss improves sleep apnea symptoms. Qualified participants receive all study medication, study-related care and nutritional counseling at no cost.

You may qualify if you are:
- at least 18 years of age
- overweight
- unable or unwilling to use CPAP
- not diagnosed with type 1 or 2 diabetes

to volunteer call:
301-654-5665
research@sleepdoc.com

The Center for Sleep & Wake Disorders
Chevy Chase, Maryland
Friendship Heights Metro



Have you or someone you know been diagnosed with Irritable Bowel Syndrome?
If so, there is now an opportunity to join a new research study.

Are you eligible?
- Between the ages 18-80 years old
- Have diarrhea predominant irritable bowel syndrome

Abdominal Pain, Bloating, Diarrhea

Qualified Participants:
Will receive investigational study medication or placebo, study-related testing, physical exams, and lab work at no charge.
Additionally:
Compensation may be available to qualified participants for each completed visit (for time and travel).

Contact Alexandria Clinical Research at (571) 286-8083 or at www.alexandriaclinicalresearch.com

Furiex Pharmaceuticals

For Advertising Please Contact

washingtonpost.com

For Advertising Contact
Danielle Gosnell
202-334-5648
gosnelld@washpost.com

Concerts, movies, events, restaurants and more.

express nightout
expressnightout.com

XXI72 lxl.5

Concerts, movies, events, restaurants and more.

express nightout
expressnightout.com

XXI72 lxl.5

LUPUS STUDY



If you have been diagnosed with Systemic Erythematosus Lupus, you may be eligible to participate in our clinical research study.

All study-related medical care and investigational study medication will be provided at no charge. Reimbursement for study-related travel and time will be provided. To find out if you are eligible to participate,

Please Call 202-547-7797

Reach active, educated Express readers with **your ad here.**

Contact us at 202.334.6732 or ads@readexpress.com

express

XX195 5x1.5

Sports

Armstrong Fires Back

7-time Tour champ's suit against doping agency is dismissed

Cycling

A federal judge handed Lance Armstrong a quick setback Monday as he went to court to save his seven Tour de France titles and his reputation as one of the greatest cyclists ever. Armstrong filed a lawsuit aimed at preventing the U.S. Anti-Doping Agency from moving ahead with charges that he used performance-enhancing drugs throughout much of his long career.

But within hours, U.S. District Court Judge Sam Sparks dismissed the 80-page complaint. He said it seemed more intended to whip up public opinion in Armstrong's favor that focus on the legal argument. Sparks, however, did not rule on the merits of Armstrong's claims and will let him refile the lawsuit. Armstrong attorney Tim Herman said he could do that as early as Tuesday.

The suit claimed USADA rules violate athletes' constitutional right to a fair trial, and that the agency doesn't have jurisdiction in Armstrong's case. It also accuses USADA's chief executive, Travis Tygart, of waging a personal vendetta against the cancer survivor who won the Tour de France every year from 1999 to 2005.

The lawsuit was an aggressive, and expected, move as Armstrong seeks to preserve his racing legacy and his place as an advocate for cancer survivors and research. He called the USADA process a "kangeroo court." (AP)



AP

Lance Armstrong accuses the USADA's leader of waging a personal vendetta.



Meanwhile ...

Bradley Wiggins showed he's the man to beat at the Tour de France, winning the first big time trial and cementing his hold on the yellow jersey he wants to take home in two weeks. The three-time Olympic track champion is trying to become the first British champion of cycling's premier event. He dominated Monday's race against the clock — a discipline he loves — in the 25.8-mile ninth stage between Arc-et-Senans and Besancon. After 10 straight days of racing, the 178-rider pack gets its first rest day Tuesday. The field then faces two hard days in the Alps. (AP)

Paper: No Games for Saudi Women

Olympics

No women from Saudi Arabia have qualified for the London Olympics, a newspaper from the ultraconservative Muslim kingdom reported.

The story in the pan-Arab daily newspaper Al-Sharq al-Awsat said Saudi male athletes have qualified to compete in track, equestrian and weightlifting at the Games, which start in less than three weeks.

There is no "female team taking part in the three fields," the report said, quoting an unidentified Saudi official. He said no female athlete had taken part in qualifying events in Saudi Arabia, which severely restricts women in public life.

Saudi leaders have been under pressure to end the practice of sending all-male teams to international competitions. They could face IOC sanctions after the London Games if women are excluded from the country's Olympic team. (AP)

TV Lineup

PRO BASEBALL (7:30 P.M., FOX) Bryce Harper, Stephen Strasburg and Gio Gonzalez lead the National League against the American League in the All-Star Game in Kansas City, Mo.

MYSTICS (11:30 A.M., CSN) The lowly Mystics host the Connecticut Sun in an ever-popular morning game.



DIETS

Not Milking It

Arian Foster has hit the ground running since taking over as the Houston Texans' starting running back in 2010, but he's got a new recipe for success this year — and it doesn't include meat or dairy. ESPN reports Foster has decided to go vegan, causing a bit of an uproar on Twitter. Foster's response: "People feel so strong about meat and milk. I wish they felt this strong about peace." (EXPRESS)

express health directory

BE A PART OF **ALLEVIATING POVERTY** BY VOLUNTEERING FOR A VACCINE TRIAL AT CHILDREN'S NATIONAL MEDICAL CENTER.

We are looking for healthy DC area **adults** 18-45 years of age who have never had hookworm and are willing to participate in an investigational **vaccine trial** to help in the fight against hookworm disease, which affects over 500 million people in developing countries. 25 hours of your time over 16 months can have an impact on Global Health!



For additional information regarding this study, please contact: Clinical Research Manager **(202) 476-3615**
jhandy@childrensnational.org

Volunteers Needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Gaithersburg, MD office.

Donations occur at our Bethesda, MD office by board certified physicians.

Both locations are accessible by MertoRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

For more information, or to schedule an appointment:
TOLL FREE: (888) 926-9211
EMAIL: donorinfo@lonza.com

Lonza

AD BONE MARROW 03/07

There's a qualified **SOFTWARE DEVELOPER** reading Express.

To advertise a job, call **202-334-4100.**

express
A Publicatoin of the The Washington Post
expressnightout.com

XX180 2x3.75

Sports

United Set to Gain New Owners

Deal could bolster team's push to build new stadium in SW

Major League Soccer

Erick Thohir, an Indonesian media magnate and part-owner of the Philadelphia 76ers, will be introduced as D.C. United's majority investor Tuesday, multiple people familiar with the deal said Monday.

United has scheduled a 2 p.m. news conference Tuesday at the W Hotel to "introduce new members of the ownership group." Current investor Will Chang, who will retain a stake in the MLS club, and United President Kevin Payne will attend. Reached Sunday night, Chang said he didn't want to comment. Other club officials also declined to speak on the record about the announcement.

Said Payne: "Tomorrow's announcement will be good news for the club. The time to talk about this is tomorrow."

The deal eases the financial burden on Chang, United's lone backer since partner Victor MacFarlane's abrupt divestment three years ago. According to an ESPN report, another 76ers part-owner, Jason Levien, a former sports agent and NBA executive with the Sacramento Kings, will also join Thohir.

About the Owners

Erick Thohir owns TV and radio stations, newspapers and magazines in Indonesia and has a stake in professional basketball in his native country. Since last October, he and Jason Levien have been among 14 investors in the NBA's Philadelphia 76ers, a group led by Chevy Chase's Josh Harris that purchased the team for $280 million. Thohir is the first Asian owner of an NBA team. Levien has strong political ties, having served as a speechwriter at the 2000 Democratic Convention and as a strategist and campaign consultant. (TWP)

Chang, who is based in Northern California, had said since taking full control that he would seek additional partners. Payne, who has overseen United's operations since the club's launch in 1996, is expected to retain day-to-day control.

The pact infuses the MLS club with much-needed resources to aggressively pursue a new stadium project at Buzzard Point in Southwest Washington. Under preliminary plans, United would offer to pay for the construction of the facility, four blocks west of Nationals Park, and seek assistance from the city government for land acquisition and infrastructure costs.

STEVE GOFF (THE WASHINGTON POST)



FIRINGS

Timberrr!

The Portland Timbers fired coach John Spencer on Monday. Spencer has been coach of the Timbers since the team joined Major League Soccer last year. General manager Gavin Wilkinson will take over as head coach for the rest of the season. The Timbers are 5-8-4 with no wins on the road this season. (AP)



Earn your bachelor's degree here.

A management program focused on your federal career

NEW! Bachelor of Arts in Management – Federal Program Management

- Downtown location steps from Union Station and the U.S. Capitol
- Accelerated, evening, and online course options
- Personal attention, small classes, and top-notch faculty

Information Session: Thursday, July 12, 6–7:30 p.m.

Location: Hall of the States, Room 231, 444 N. Capitol Street, N.W., Washington, D.C. For more information and to R.s.v.p., call 202-319-5256, email metropolitan@cua.edu, or visit http://metro.cua.edu.

THE CATHOLIC UNIVERSITY OF AMERICA
Metropolitan School of Professional Studies

If you need accommodations for a disability, contact us at the email or phone number above.
The Catholic University of America admits students of any race, color, national or ethnic origin, sex, age, or disability.

Effective communication requires mastery of social science and digital technology, paired with strong writing skills. The **Master of Arts in Communication*** combines all three elements in a flexible, part-time program with classes available in Washington, DC or online.

YOU + JHU

Changing attitudes, beliefs, and behaviors



Onsite Open House
July 19, 6:30 pm
1717 Massachusetts Avenue NW

Learn more & RSVP:
communication.jhu.edu

** Applications for Fall 2012 still being accepted!*

JOHNS HOPKINS UNIVERSITY | Krieger School of Arts and Sciences Advanced Academic Programs

fit



Guinea Pig | Black Magic

Replace that protein bar with Uncle Chip's Black Bean Brownie ($14 for a half dozen, Unclechips.com). The moist baked good, also sold at Shannon Boyle's cafe (1514 N. Capitol St. NW), does a body good by being vegan, gluten-free and — astoundingly — 40 percent black bean. It's a bit crumbly, and our blind taste-testers detected something unusual when they took a bite, but every morsel of the just-sweet-enough treats was devoured.

See your weekly Gold's Gym Trainer Tip on the next page.

It's Guaranteed to Be a Hit

Strengthen your core with Piloxing — a mix of Pilates and boxing that's new to D.C.

Yogalates. Spinlates. Tangolates. Just when you thought that every conceivable hybrid exercise class involving Pilates had been invented, the Washington area is welcoming a new knockout workout.

Work It Out

What It Is: Piloxing, the brainchild of Swedish fitness guru Viveca Jensen, is an interval training program that alternates between heart-pounding boxing moves and muscle-toning Pilates exercises — and throws in a few dance steps for the heck of it. The blend started as a Hollywood craze (Jensen's Piloxing Academy is located in L.A.), and has quickly spread across the country, along with its motto.

"Every class ends with, 'Sleek, sexy, powerful,'" explains instructor Jennifer Hopkins, who's introduced the class at Joy of Motion Dance Center and the YWCA National Capital Area. Each of the three words is accompanied by a pose that looks ripped straight out of "Charlie's Angels" and serves to reinforce Piloxing's main goal. "I want you to walk out feeling empowered," Hopkins says.



PHOTOS BY TEDDY WOLFF

Standing on one leg while bringing your elbow to your knee is a Piloxing staple.

Moves: That process starts when Hopkins has students jab away their stress by throwing their fists in every direction at a rapid pace. The boxing sections are similar to what you'd see in a kickboxing class — repeated combinations of punches and footwork — but with more attitude thrown in.

These moves are always done on both the right and left sides of the body, but rather than go straight from one to the other, the class mixes things up with a "singlet." That's Piloxing-speak for a quickie exercise set, such as hip bumps. "It helps you shake it out and keep your heart rate going," Hopkins says.

Although the Pilates blocks aren't nearly as cardio intensive, they're not exactly breaks. Sections that pair leg lifts with triceps presses enlist your whole body, and your core gets extra attention whenever Hopkins calls out that it's time to balance on one leg.

The lineup of exercises changes with each class, but you'll never get out of the standing side crunch series, which involves repeatedly bringing your elbow to the opposite knee while keeping your active leg from touching the ground.



Instructor Jennifer Hopkins keeps the energy up with a speedbag punching drill.

Class Info

Piloxing is free at Joy of Motion (Joyofmotion.org) through July 25. The studio, which normally charges $17 for drop-ins, is offering the class at its Bethesda location (7315 Wisconsin Ave.) Wednesdays at 7 p.m. and at its Friendship Heights location (5207 Wisconsin Ave. NW) Saturdays at 12:30 p.m. Hopkins also teaches Piloxing at the YWCA ($6; 2303 14th St. NW, Ywcanca.org) Saturdays at 10 a.m. V.H.

Workout: Considering that no dumbbells are involved, you'll be surprised how sore your arms are the next day. And if they're not? Hopkins wears half-pound weighted gloves and recommends them to any students looking for more of a challenge.

Your midsection should also feel tender, even though only a short segment at the end of class is done on a mat on the floor. Partly that's due to the intensity of those moves, but it's also because the class works your core constantly. When Hopkins has her students arch their backs and then contract their chests, that's a standing ab workout.

"But it's so fun because it's like you're at a club," she says.

Crowd: Most students are women who like to punch up their workouts, as was evidenced by the vicious hooks being thrown during a recent class at Joy of Motion. No formal boxing (or Pilates) experience is required to follow along — although 32-year-old boxer Fatima Quander thinks the class will help her in the ring. "The core is so essential," says Quander, who is psyched to see Piloxing marketed specifically to women. "Boxing classes usually are all testosterone."

Men are still welcome to come, of course. "They just have to get a little sassy," Hopkins says. VICKY HALLETT (EXPRESS)



Meet The Trainer

Chauncey Graham

Certified Personal Trainer
Ballston Gold's Gym

Chauncey's love for health and fitness began at an early age when he started playing football. He played in middle school and high school as well. He just recently finished his football career by playing all four years of collegiate football with North Carolina State University. Chauncey received a Bachelor's degree in Sociology. He has a very strong knowledge of fitness and nutrition and loves helping individuals with their personal fitness goals inside and outside of the gym.

Certifications:

- ISSA Certified Personal Trainer: (International Sports Sciences Association)
- CPR/AED

To schedule an appointment with Chauncey or another Gold's trainer, come to a Gold's Gym location near you or visit our website.

GOLD'S GYM®

Trainer Tip of the Week

Challenge for the week: Incorporate three different forms of cardio (choose from biking, running, rowing, swimming) and couple it with three different body weight exercises (push-ups, pull-ups, sit-ups or lunges). Changing it up can help you see results faster.

GoldsGym.com

JOIN TODAY FOR NO CONTRACT FEE

One FREE Personal Training Session
Redeem at one of our 14 D.C. Metro locations

Offer valid for new members only. Must be at least 18 and a local resident with a valid ID. Not redeemable for cash. Valid at participating Gold's Gyms only. Other restrictions may apply. Offer expires 7/31/12.

baggagecheck



BEN CLAASSEN III

Got to Get You Out of My Life

Q My ex of one year recently called me to chat. At first things were friendly, but then he dropped a bombshell that he had broken up with his girlfriend — the one he ended up dumping me for — because he suddenly developed intense feelings for me again. But I'm over him. So how do I tell him that I've moved on and no longer want him in my life? FINISHED

After all you've been through with him, I find it rather interesting that you didn't want to shout this out with a bullhorn. But in short, the answer to your question is very simple. You open your mouth and form those exact words to him.

And if you're having trouble saying it, you explore within yourself what the emotional block is: Do you feel guilty? Doubtful that you really mean it? Angry enough that you want to string him along? Sad that you're basically telling him it's over? There's some psychological hurdle there, and figuring out what it is will make it easier for you to break things off, once and for all.

Prepare Yourself For a Long Road

Q When my wife and I got divorced, the court granted shared physical and legal custody of our kids. The problem is that my ex scares me. How can I maintain a custody relationship with someone I find toxic and perhaps even dangerous? Two independent licensed counselors have told me there is a great possibility she has borderline personality disorder. The thought that I have to deal with this woman for the next 10-15 years is overwhelming. What can I do so I don't go crazy myself? STRESSED OUT IN DC

In terms of prioritizing, you must devote yourself to your children's safety at all costs. If indeed your ex has BPD (characterized by emotional instability and alternating attempts at closeness and severe anger), you simply can't let her engage you in her volatility.

I can't emphasize enough that you need some counseling. It will help relieve your stress, develop strategies and put a safety net in place if she takes a turn for the worst (I know — hard to imagine). Your children need you more than ever, in terms of a safe, loving and stable presence, and getting help yourself can help you help them.



@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

Triple Play

Gym rats looking for some sun need to find their way over to The Wharf in Southwest Washington. Every Saturday morning in July, the development at 7th Street Landing (7th and Water streets SW) is offering free Waterfront Workouts: Endurance marathon training with Team to End AIDS begins at 7, YaLa Fitness (a dance-based cardio class) with Laurent Amzallag is at 9, and Flow Yoga with Istar Guven is at 10. Details at Swdcwaterfront.com.



MATT MENDELSOHN

CrossFit Old Town owner Jerry Hill keeps his workouts as varied as possible in order to train his body to be ready for anything.

A Muscle Master

Alexandria's Jerry Hill is the athlete to beat in his division at the 2012 CrossFit Games

There's being a morning person, and then there's waking up at 3:30 a.m., which is what Jerry Hill does every morning (except Thursdays, when he sleeps in until 6:30).

"I've got to throw down a shot of espresso," admits Hill, but soon he's off to CrossFit Old Town, the Alexandria gym he opened in 2007.

Hill's usually a coach, but he's in athlete mode for this weekend's CrossFit Games, the annual contest that puts competitors through a sadistic series of exercises in order to crown the Fittest on Earth™.

"I'm the guy with a big target on my back," says Hill, who came in first in the Master Men 45-49 division qualifier, topping more than 1,000 entrants. That required doing 131 burpees in seven minutes, as well as racking up similarly high reps of other varied movements.

At 5 feet 7 and 165 pounds, Hill considers himself "on the small side" of the competitor pool. That's a boon when it comes to gymnastics moves and a disadvantage on the strength side.

But he hopes his lifetime of moving has prepared him for anything.

"I was a U.S. Marine," Hill says. "I played college baseball. I did powerlifting for nine years."

And he's been doing CrossFit for seven years, although Hill only recently decided to compete. In December — when he turned the big 4-5 — Hill made it official that he was going for the Games.

"It's tough to do, to put it out there in the universe," Hill says.

The exercise schedule seems even tougher. The first of his three daily workouts is done before he starts coaching at 5:15 a.m. Midmorning, he stretches for 20 minutes, and at 10:30, he does his most strenuous moves of the day.

What those moves are change constantly because of the nature of CrossFit.

"A basketball player always knows what the task is, a triathlete knows what to train for," Hill says. "In CrossFit, constantly varied, high-intensity exercise is the mantra."

In addition to being proficient in dozens of specific exercises (Olympic lifts, walking on his hands, chest-to-bar pull-ups), Hill has practiced producing explosive power as well as mustering endurance.

"I'm hoping they throw something crazy at us," says Hill, who's competing to challenge himself and become a better coach. "The more you put yourself in the trenches, the more you learn and can give your athletes." VICKY HALLETT (EXPRESS)

● *Watch Hill live in California at Games.crossfit.com/masters-stream.*

Fueled Up

Secret Ingredients

Jerry Hill uses his Magic Bullet to blend sweet potatoes, protein powder and almond butter into a breakfast smoothie. "It stays with me when I train," says Hill, whose dinners usually consist of grilled meats, steamed veggies and avocado. V.H.

Hanging Out At the Circus

Australian pole dance champion Felix Cane shows off 'Dangerous' flips, spins and poses

The most eye-catching thing about Felix Cane isn't her fiery red wig, her black stilettos or her Swarovski Crystal-encrusted bikini. It's her extraordinary ability to contort, flip and climb all over a 24-foot-high pole, which is why she's part of the cast of Cirque du Soleil's "Michael Jackson The Immortal World Tour" (at the Verizon Center Friday through Sunday).

The 27-year-old, three-time winner of Miss Pole Dance Australia originally set out to be a ballerina. But she got bored with ballet at 19 and decided to study science instead. A pole fitness class with her mom, however, convinced her she needed to get back into dancing — only this time around a pole instead of en pointe.

"There's a lot of physics in the way you're shifting your weight around the pole," Cane says. "And of course, anatomy."

Cane has gotten to experiment, too, because she's embraced a relatively new art form. Unlike the older circus act of Chinese pole — a male-dominated skill focused almost exclusively on strength — Cane's style of pole dance is more about fluid artistry. That's given her the freedom to devise new moves.

"I'll have an idea to put my leg here instead of here," says Cane, who choreographed her performance to Jackson's "Dangerous."

The shift in style doesn't mean she's not strong, though. It takes serious muscles to pull off moves like the flag, in which you grab onto the pole with your hands and extend your body off to one side. Flexibility has come easy to Cane, but she's been hitting the gym three times a week to build up her overall strength, particularly her core.

"There isn't one advanced trick I do now that came easy," she says.

The practice pole that Cane travels with on tour has been popular with her fellow cast members, who enjoy taking it for a spin backstage. But she's not ready to swap the pole for any of their acts: "I get scared of heights unless I have a pole to hang onto." VICKY HALLETT (EXPRESS)



COURTESY CIRQUE DU SOLEIL

Felix Cane is one of the world's top pole dancers because she can do moves like this.

TRAIN TO WIN WITH VIDA™ FITNESS

JOIN NOW
and enjoy the
SUMMER
FREE

www.vidafitness.com

fit nutrition



SWEET WITHOUT SUGAR

Chef Sam Talbot, author of "The Sweet Life: Diabetes Without Boundaries," offers four tricks to cut down on sugar but not flavor.



Use Truvia: Ditch the refined sugar and substitute a natural sweetner such as Truvia, which is zero calories and made from stevia leaves. For diabetics, it keeps sugar levels even; for everyone else, it's a good way to cut calories from a meal. One packet has the sweetness of about 2 teaspoons of sugar. Tip: If you can find fresh stevia leaves, they're a great alternative to the packaged kind.



Spice It Up: When making a traditionally sweet dish such as pumpkin pie, lower the sugar factor by substituting savory spices such as nutmeg, cinnamon, clove or allspice. Not only is it better for you, the combo of the spices makes the dish taste richer.



Try Fruit Puree: Fruit purees are good substitutes in desserts, marinades, dressings or sauces. The natural sugars in fruit can add a sweet punch to any dish without messing with the texture too much. Many fruits, such as strawberries, pears and peaches, are high in fiber, which slows the absorption rate of sugar into the bloodstream.



Add Honeycomb: A lesser-known substitute, honeycomb adds sweetness with a bit of a crunch without spiking blood sugar levels as much as sugar can. It's made from the nectar gathered by honeybees and can be used as a topping or sweetener in a dish. KASEY PANETTA (REPRINTED COURTESY OF MEN'S HEALTH MAGAZINE © RODALE INC.)

lookout

A Clean Break
Tom Cruise and Katie Holmes have settled their divorce case 35



Sound Bets



ROCK PAPER SCISSORS

Hidden Gems

A meme making the rounds called "The True Size of Africa" shows a map of the continent with the U.S., China, India, Europe and more overlaid to show just how gigantic of a land mass the motherland is, with innumerable cultures.

I look at the graphic and think, "There's a lotta bands there waiting to be discovered." Benin's Orchestre Poly-Rythmo, above, which formed in the late '60s, has recently been rediscovered. Even the country's most famous singer, Angélique Kidjo, didn't think this seminal Afrobeat band still existed. But a French journalist traveled to Benin, found the Orchestre, organized its first-ever shows outside the country and introduced this massively funky group to the world.

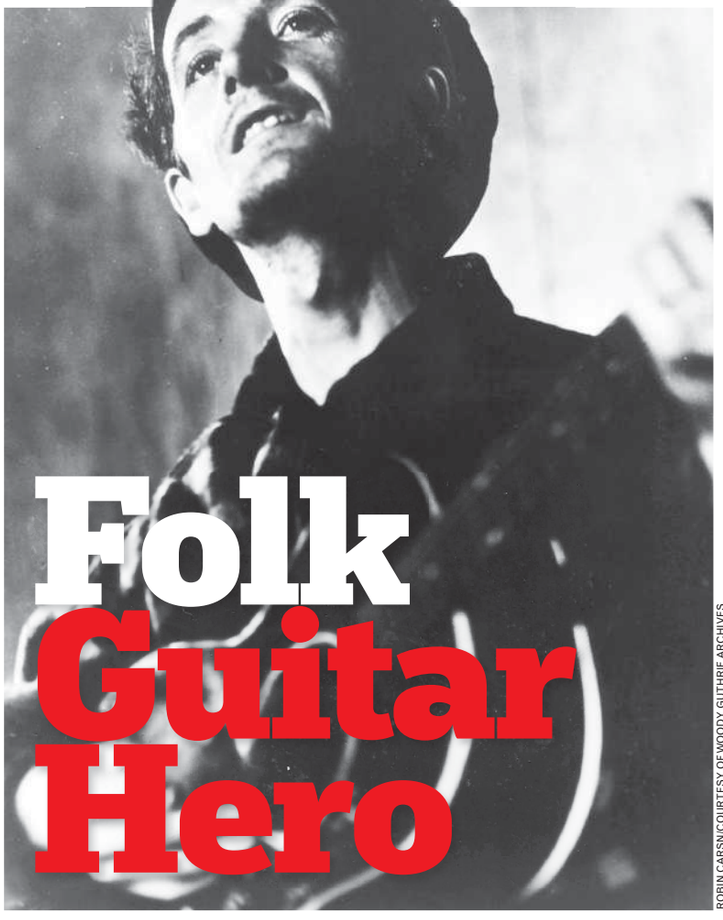


By Christopher Porter

Orchestre Poly-Rythmo has recorded hundreds of songs, some of which have appeared on compilations by the Soundway and Analog Africa labels, but most of its jams are still lost in the vaults. If one band from a tiny country in West Africa could be this amazing and prolific, think of the motherload of genius hidden across the continent.

● ***Orchestre Poly-Rythmo at the Hamilton, 600 14th St. NW; July 17, 7:30 p.m., $22.50-$38; 202-787-1000, Thehamiltondc.com (Metro Center)***

@ Read Christopher's previous columns at: **expressnightout.com/soundbets**



ROBIN CARSN/COURTESY OF WOODY GUTHRIE ARCHIVES

Folk Guitar Hero

Smithsonian celebrates the legacy of American icon Woody Guthrie with a new book and CD set

Music

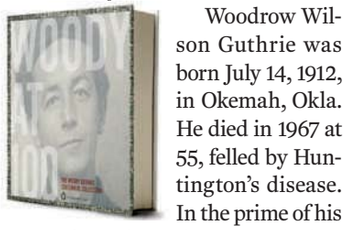
It's not widely known that Woody Guthrie's "This Land Is Your Land" — a song penned in 1940 that would later become a grade-school classic — was written as a rejoinder to another American standard, Irving Berlin's "God Bless America."

Guthrie, who would have turned 100 this week, felt Berlin's song was overly patriotic and didn't address the struggles and dreams of the ordinary Americans he knew, says Jeff Place, archivist for the Smithsonian's Center for Folklife and Cultural Heritage.

And so Guthrie penned "This Land" (originally titled "God Blessed America") as a retort that emphasized the country's shared resources and egalitarianism, and included verses like this that would cheer populists (and today's Occupy movement): "As I went walking I saw a sign there /And on the sign it said 'No Trespassing.' /But on the other side it didn't say nothing, /That side was made for you and me."

Though "This Land Is Your Land," is Guthrie's most famous song, he is also responsible for thousands of others, an autobiography ("Bound for Glory") and scads of paintings and drawings. The entire scope of his relatively brief career is given a loving and thoughtful overview in the just-released "Woody at 100: The Woody Guthrie Centennial Collection," a handsome book produced by Smithsonian Folkways and curated by Place and Robert Santelli.

In addition to many previously unseen photographs of Guthrie and images of his typed and often revised lyrics, the collection contains three CDs with dozens of Guthrie's recordings including six original songs that have not been heard before. It's a sumptuous summation of a career that has impacted and shaped American music for generations. And it is one of the highlights of a yearlong celebration that will feature tribute concerts all over the world, including one by his granddaughter, Sarah Lee Guthrie, in Washington on Tuesday and a high-profile tribute at the Kennedy Center on Oct. 14.



Family Tradition

These days, Sarah Lee Guthrie, above right, daughter of Arlo Guthrie, is championing her grandfather's work. She and her husband, Johnny Irion, above left, have been touring singing only Woody's songs. "It feels like a family reunion and it's been really awesome," Sarah Lee says. She's been working with the archives and reading Woody's notebook entries and postcards he wrote to her grandmother, which has helped humanize him. "I've definitely started thinking of him more as a grandfather," she says. ● ***Hill Country, 410 7th St. NW; Tues., 9 p.m., $15-$20; 202-556-2050, Hillcountrywdc.com. (Gallery Place)***

Woodrow Wilson Guthrie was born July 14, 1912, in Okemah, Okla. He died in 1967 at 55, felled by Huntington's disease. In the prime of his career, from the mid 1930s to the late 1940s, Guthrie produced a trove of songs that would define the era, songs that spoke to the hardships of Depression-era America, Dust Bowl refugees, migrant workers, labor strife, racial inequity, economic justice and war.

"All different genres of music encounter those who are solar flares," Place says. "People who changed the music entirely — Robert Johnson, Jimmie Rodgers, Hank Williams, Jimi Hendrix. They are there for a brief period of time and change things entirely. Everything is different after them and Woody Guthrie is like that. Topical songwriting is based on his model."

JOE HEIM (THE WASHINGTON POST)

"He never really had a chance to appreciate being famous because he was too far gone. His songs got known better much later. They were barely recorded before the late 1950s."

— **JEFF PLACE,** A SMITHSONIAN ARCHIVIST, ON HOW HUNTINGTON'S DISEASE CAUSED WOODY GUTHRIE TO NEVER REALIZE HOW WELL-KNOWN HE'D BECOME

lookout entertainment



JEREMY DANIEL

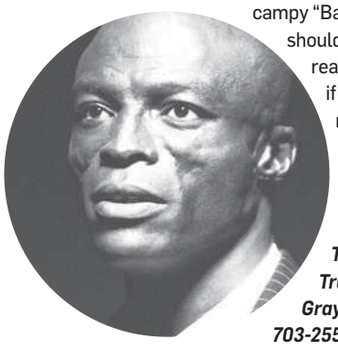
1 Family Affair

The willfully creepy Addams Family comes to the Kennedy Center this week — and they sing! You know the characters from the New Yorker cartoons, television show and movies, and the musical doesn't aim to show you a new side of them. Just to offer up some literally cobweb-by dance routines. ***Kennedy Center, 2700 F St. NW; through July 29, $39-$115; 202-467-4600, Kennedy-center.org. (Foggy Bottom)***

2 Spy vs. Spy

Secret intelligence agencies are meant to be, well, secret. But CBS' Dan Raviv and Israeli journalist Yossi Melman have co-authored a painstakingly researched new investigative book on Israel's intelligence community, "Spies Against Armageddon." Raviv and Melman's first book was a best-seller, so you know this one will be gripping. ***Sixth and I Historic Synagogue, 600 I St. NW; Tue., 7 p.m., $8; 877-435-9849, Sixthandi.org. (Gallery Place)***

3 Seal of Approval



Seal's "A Kiss From a Rose" is easily the best song ever recorded for a Batman movie (1995's campy "Batman Forever"). That should be more than enough of a reason to go see Seal live, but if you need another, his most recent album, "Soul 2," features covers of songs as timeless as "Let's Stay Together," "What's Going On" and "Lean on Me." ***Wolf Trap, Filene Center, 1551 Trap Road, Vienna; with Macy Gray; Tues., 8 p.m., $30-$45; 703-255-1868, Wolftrap.org.***

attention anyone with a tight budget or tight pants.

Join now and August is FREE!*

WSC
washington sports clubs®
MySportsClubs.com

STUDENT& TEACHER MEMBERSHIPS as low as $29.95

RATE-LOCK GUARANTEE
Your monthly dues will never increase.

*Requires a 1-year membership. Monthly dues are waived from 8.1.12 - 8.31.12. Joining fee and processing fee are due upon enrollment. Sales tax where applicable. Not transferable. No cash value. Cannot be combined with any other offer. Offer expires 7.15.12.

ADVERTISEMENT ADVERTISEMENT

A message from Metro General Manager Richard Sarles

Riders may be wondering how recent news about Metro's emergency exits relates to you when it comes to safety. It's important to remember that in the event of an evacuation, Metro officials and emergency responders will most often help you exit through stations — that's where the greatest number of people can safely leave the system.

In the unlikely event that a station is not accessible or that a train must be offloaded away from a station, the system has other egress options — 122 emergency shafts, which have emergency staircases allowing safe travel to the street level.

I want our customers to know that all 122 emergency exits at those locations are available for use and in working condition today if we need them.

To be sure, maintaining these exits and the areas around them requires constant attention. Cleaning up construction debris, replacing light bulbs, ensuring the easy operation of all access doors — these are part of our ongoing focus as Metro transforms its safety culture. Part of that change process is recognizing fire and life safety matters and addressing those with greater urgency than routine maintenance matters. We have been working on new technology over the last year and, with the addition of an in-house fire marshal this spring, we now have the people and systems in place to accomplish and sustain that effort.

As you know, we are rebuilding the system to move Metro Forward and changing the culture to one where every employee takes personal responsibility for making safety their top priority every day. We all wish that could happen overnight. The truth is, change can be ordered from the top and that works for today. But real and lasting change requires new learning, different habits, and time to take root at all levels of an organization.

While Metro continues to improve, anything that we need to address right away, we will do. Meanwhile, we are working at every level to better recognize and react to opportunities to make Metro even safer.

entertainment lookout

Satisfaction After 50 Years

Stones drummer Charlie Watts muses on a major milestone

Q&A

Even though he's played in the same rock 'n' roll band for nearly 50 years, Charlie Watts still prefers playing jazz. The Rolling Stones drummer learned how to play it by imitating his favorite jazz players as a teenager. So during his breaks with the Stones, Watts has played jazz. That legacy continues with his latest group, The A, B, C, and D of Boogie Woogie, which recently released the album "Live in Paris." Next, Watts turns his attention to celebrating the Stones' 50th anniversary.



Is there a big difference to playing drums in a jazz band versus playing drums in a rock band?

I don't play power drums; they just turn the knobs up now. Yes, it's much more physical to play rock 'n' roll, especially with the volume that you play at — that they play at, they being guitar players as opposed to playing this with a tenor saxophone player or trumpet player. ... To play well with a piano player, you have to be able to play — there's a lot of control needed. And you're playing almost acoustically.

So what's next for you?

I think we're going to be doing a lot of 50th anniversary stuff, we, the Rolling Stones.

"We're going to be doing a lot of 50th anniversary stuff, we, the Rolling Stones."

Like a tour or an album?

No, just other things. Fifty years of things. A documentary, well, they haven't approved it yet. I haven't seen it, but we worked on that earlier this year. Books and things like that. There will be other things that the 50 years mean. And touring, we haven't gotten that far. We're still talking about the color of the back page of the book, so we'll see what happens. JOHN CARUCCI (AP)



Girl Power: A 14-year-old Maine ballet dancer who led a crusade against altered photos in Seventeen magazine now has a promise from top editor Ann Shoket to leave body shapes alone, reserving Photoshop for stray hair, clothing wrinkles, errant bra straps or zits. Shoket's "body peace treaty" also commits the magazine to always feature healthy girls and models regardless of clothing size. (AP)



Gallery Park in Montgomery County

Start Living The Dream from $264,990.

- 3 bedroom townhomes, 2.5 baths, and garage.
- 3 decorated models now open.
- 3 minutes to I-270.
- **Free Dream Kitchen Giveaway** includes stainless steel appliances, granite countertops, an extended island, undermount sink and designer faucet.*

Visit Gallery Park: From I-495 take I-270 north to Exit 18 Rt. 121/Clarksburg Rd. towards Clarksburg. Turn right on Gateway Center Drive. Turn left onto Shawnee Lane to a right on Phillips Street. Follow signs to sales offices.

Metropolitan Collection: 301-875-1929
National Gallery Collection: 301-875-2931

Se Habla Español.

*Free Dream Kitchen included with purchase on new contracts starting June 1, 2012 for a limited time only. See sales manager for details.

GalleryParkMD.com

Scan Me To View O'Keefe Model Video

MHBR#2713

Miller & Smith.
ONE VISIT CAN CHANGE EVERYTHING



IUI+

Think you need a little extra help getting pregnant?

GIVF designed IUI *Plus*, our flexible new Intrauterine Insemination (IUI) program, with you in mind!

- Free infertility consultation with one of our expert physicians
- 3 IUIs for the price of 2
- Full credit for the cost of your IUIs towards IVF

Get all the help you need at a cost you can afford with IUI *Plus*.

Find out exactly how IUI *Plus* can help you. Call (800) 311-5250 or visit www.givf.com/iuiplus today.

GENETICS & IVF *Institute*

Conveniently located off the DC Beltway near Fairfax Hospital and in Bethesda near White Flint Mall.

BOTOX $199/49 unit*
Dysport $199
Guaranteed Results
Laser Hair Removal of
Upperlip/Chin $45
Latisse $99
Spider Vein/Vericose Vein Removal
Restylane/Juvaderm
Minilift, Radiesse & Sculptura
All procedures performed by a Physician
DC 202-152-1332 MD 301-738-6766
VA 703-533-1025
www.vitasurgical.com
SPECIAL ENDS SOON!
vita
MEDICAL GROUP

Express MOVIES
WeekendPass makes the weekend reel.
Every Thursday in Express.
XX173aC 1x1

THE U.S. ARMY MILITARY DISTRICT OF WASHINGTON
presents
Twilight Tattoo
a colorful military pageant
FREE
OPEN TO THE PUBLIC
performed by
The 3rd U.S. Infantry Regiment (The Old Guard)
and
The U.S. Army Band "Pershing's Own"
Wednesdays
7 PM
PRE-CEREMONY PAGEANTRY BEGINS AT 6:45 PM
at Joint Base Myer-Henderson Hall
ARLINGTON, VA
Rosslyn Station on the Orange and Blue Line
April 25
May 2, 9, 16,23, 30
June 6, 20, 27
July 11, 18, 25
August 1, 8, 15, 22, 29
For more information and group registration
call (202) 685-2888 or visit http://twilight.mdw.army.mil/

expressnightout.com
XX172 2x.5

lookout TV tonight

Inside Hospital Doors

ABC's 'NY Med' takes a cinematic approach to document reality

Miniseries

ABC 10:00

Every day, serious things happen in hospitals. But ABC opens its nonfiction summer series "NY Med" on a somewhat lighter note, following an emergency room patient who suffers a painful side effect to a drug designed to boost male sexual performance. There's only one way out, and it involves a needle.

A young nurse, Marina Dedivanovic, looks on with a little sympathy and a lot of bemusement.

The rich vein of characters mined in Tuesday's debut — the famous heart surgeon, the young mother who must stay awake during her brain surgery, the cancer patient whose risky surgery fails, the resident with an angelic singing voice — marks "NY Med" with the signature of Terence Wrong, a producer whose work is unique today in broadcast television news.



DONNA SVENNEVIK/ABC

A camera crew spent four months filming inside a New York hospital for "NY Med."

The eight-episode "NY Med" takes narrative devices and character building techniques from fiction but is completely true, filmed by a team that immersed itself for four months in life at the Columbia and Weill Cornell Medical Centers of New York-Presbyterian Hospital in Manhattan.

It's Wrong's seventh limited-run series since 2000. Four have featured hospitals, opening with Johns Hopkins University in Baltimore ("Hopkins 24/7"). Others focused on dating ("Hooking Up"), civil service workers in Boston ("Boston 24/7") and the New York Police Department ("NYPD 24/7").

In all his work, Wong says, the goal is "to take cinema verite and make it commercial."

DAVID BAUDER (AP)

Best Bets

ABC FAM 8:00

Pretty Little Liars Aria, Emily, Hanna and Spencer suspect that "A" might strike again at Jenna's extravagant birthday party, especially when they learn that Garrett is getting a pass from jail that night to visit his mother in the hospital.

ABC 9:00

Trust Us With Your Life "Whose Line Is It Anyway?" meets "This Is Your Life" in this clever new comedy series hosted by Fred Willard. Celebrities share stories from their lives that are then acted out by an improv troupe that includes Wayne Brady, right.



PBS 9:00

Frontline Nearly half of the 1 million people in the United States infected with HIV are black men, women and children. "Endgame: AIDS in Black America" traces the history of the epidemic.

USA 10:00



Covert Affairs Last season, Annie's mission in Stockholm turned deadly. In the season 4 premiere, she returns to the one person who has always been there for her: Auggie. However, his mind is elsewhere, and he leaves Annie (Piper Perabo, left) wondering if her feelings for him run deeper than she thought. (TRIBUNE MEDIA)

Premieres



Man on the Run

The unique partnership between con man Neal (Matt Bomer, above) and FBI agent Peter was upended in the season 3 finale of "White Collar" when Neal fled the country with Mozzie. The fourth season (premiering tonight at 9 on USA), will explore Peter's fate with the FBI, the whereabouts of Neal and whether their relationship will ever be the same again. (TM)

Reach over 300,000 readers daily

express marketplace

JOBS • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE...

To place a classified, call 202-334-6200.

To advertise a job, call 202-334-4100.

Credit cards accepted.

VISA MasterCard AMERICAN EXPRESS

XX653 1x10.5

JOBS

2012 Postal Positions
$13.00 - $32.50+/hr.,
Federal hire/full benefits
No Experience, Call Today
1-800-593-2664 ext. 202

BUSINESS
Marketing Analyst: 3-4 yr college in Bus/ Sc related. 2 yr. exp. in marketing & business. Analyze, compare & interpret facts & figures & make sound judgment, communicate results of the work completed, orally & in writing to mgmt. Resumes to Shriji Corp, 6305 Washington Blvd, Suite A, Elkridge, MD 21075.

BUSINESS
Program Manager/Lead: BS in Business/MIS/IT. 6 yr exp. Expertise in Datawarehousing proj. planning, cost est. & architecting syst. Dev. acct & finance software packages, Informatica's PowerCenter, Business Objects, ERWIN, Oracle Enterprise Manager & MS project. Travel/Relocation. Softwave Consultants, 13800 Coppermine Road, # 151, Herndon, VA 20171.

Driver - 37 Driver Trainees Needed Now!
No exp required. CDL Training available. Start at $45K plus benefits. Veterans encouraged to apply.
Call Now! 1-800-251-3946

FOOD
Busy Full Service Retail Cheeserie & Deli seeking expd **Counter Help**. Knowledge of cheese/meats a+ Fax resume to:
202-537-5086 or email: bsnsps@gmail.com

HELP WANTED
Cashier, Cook, Janitorial
1704 U Street NW
Apply within!

Maintenance Technician
Immediate opening for Maintenance Tech in elderly community. Applicants must have knowledge & skills in maintenance and plumbing repairs. Dependable transportation desired, and must have own tools.
Will be accepting resumes at
Green Valley Apartments
2412 Franklin St. NE.
or FAX: **202-832-0746**
EOE

NURSING
RN Case Manager
Licensed in DC, Min 1 yr case mngt exp, HIV/AIDS clinical exp, Valid Driver's License.
Apply at **aidshealth.org** or fax **954-318-4371**

RECEPTIONIST
office in convenient Md. location. Some exper. reqd. Must have computer & organizational skills and be able to multi-task. Own transportation a must. Refs. required and will be checked. Please fax resume to **301-277-5812**

Sales
TRAVEL AGENTS
Flex hours. Training provided. Health Care benefits. **Send resume and cover letter to ajones@travel4deals.com**

Tow Truck Driver
Experience only. Hyattsville area. F/T shifts.
Salary, commission & benefits.
Call 301-440-8958.

SECURITY OFFICER/SPOS
For several premier DC locations. Must posses valid S/O lic or armed SPO commission. Min 2 yrs exp. All shifts. Must be team oriented.
Call Mon-Fri 9am-3pm
202-293-8011 or fax resume **202-293-1095**

CAREER TRAINING

Career Training



CALL US TODAY! **1-888-291-1351**
Apply online at www.SeeEverest.com

Health Care Career Training Starts Here!

Everest COLLEGE
Everest INSTITUTE

Everest College
8620 Westwood Center Drive • Vienna, VA 22182
14555 Potomac Mills Road • Woodbridge, VA 22192

Everest Institute
8757 Georgia Ave. • Silver Spring, MD 20910

New campus now open in Woodbridge!

Programs and schedules vary by campus • CTO SCHEV • Accredited Member, ACICS
For more information about our graduation rates, the median debt of students who completed the program and other important information, please visit our website at www.everest.edu/disclosures.

CAREER TRAINING

Are you good with details?
Do you want to be a part of the healthcare industry without working with blood?
Open yourself up to new possibilities with training in Medical Billing and Coding!
Classes starting soon.
888-790-2444
Sanford-Brown College
1761 Old Meadow Rd. • McLean, VA 22102
Sanfordbrown.edu
Sanford-Brown College is certified by the State Council of Higher Education for Virginia (SCHEV) to operate campuses in Virginia.
Sanford-Brown COLLEGE

Thinking of changing your life **ONE DAY?**
Train to become a NURSE! Call now!
Text DAYONE to 94576
or call
888-790-2444
Sanford-Brown College
1761 Old Meadow Rd. • McLean, VA 22102
Sanfordbrown.edu
Programs vary by campus. Sanford-Brown College is certified by the State Council of Higher Education for Virginia (SCHEV) to operate campuses in Virginia.
Sanford-Brown COLLEGE

Office Support Trainees Needed!
Train to become an Administrative Assistant at Career Technical Inst.!
No Experience Needed!
Hands on Training & Job Placement Assistance!
Call for more details!
1-888-567-7685

Computer Repair & Help Desk Trainees Needed!
Train for a career in Computers at CTI!
No Experience Needed!
Hands on Training & Job Placement Assistance!
Get the IT skills you need for the job you want!
1-888-567-7685

MEDICAL ASSISTANT In 10 Weeks
1-800-460-4138
CTO SCHEV

CAREER TRAINING

MEDICAL RECORDS TRAINING!
Medical Office Specialist training now at CTI
CTI Career Technical Institute | **1-888-743-4320**

PHLEBOTOMY
Training workshops
Doctor's Help **301-567-5422**

CAREER TRAINING

LOOK NO FURTHER!
Train for a new career in
Medical Billing and Coding!
Call Now! 800.761.7504
TESST College of Technology
Information about programs at www.go.TESST.com

CHANGE YOUR **FUTURE NOW!**



Transportation Assistance Available Monthly*

Financial Aid Available To Those who Qualify. Job Placement Included. Receive a Computer at No Cost to you.† Flexible Class Schedules.

AVAILABLE PROGRAMS:
- Medical Assistant
- Medical Phlebotomy Technician
- Medical Office Administration
- PC Specialist

OPEN HOUSE July 11, 17, 19, 25, 31

All Programs Nationally Accredited By COE

metro

*A maximum of $10 per day for every day the student is present and on-time. †Available to all graduates with above a 3.0GPA and 90% attendance.

Technical Learning Centers
CALL NOW: (202) 223-3500
1720 I St. NW Suite 200
Washington, D.C. 20006
Visit our Website: www.tlc-corp.com



Hands-on training from Fortis Institute can prepare you for a future in:

• Dental Hygiene • Expanded Function Dental Assistant • Medical Assistant • Medical Billing and Coding • Medical Laboratory Technology • Pharmacy Technician • R & D Lab Technician

FORTIS INSTITUTE
Your Life. Powered By Learning

1-877-809-9152
www.FortisCollege.edu
4351 Garden City Drive • Landover, MD 20785
For consumer information, visit www.Fortis.edu
Flexible schedules, career placement assistance for all graduates and financial aid for those who qualify.

CAREER TRAINING



Radians College can prepare you to enter the growing field of nursing.

Make a difference in:
- Nursing homes
- Hospitals
- Urgent care facilities
- Physicians' offices

Our programs include:
- Licensed practical nursing
- Registered nursing

RADIANS COLLEGE
1025 Vermont Avenue N.W., Suite 200
Washington, D.C. 20005

Call Now: 1-888-445-6223 radianscollege.edu

CAREER TRAINING

Health Information Trainees! CTI Career Technical Institute
PC Specialist Plus training gets you job ready at CTI | 1-888-743-4320

WHO KNEW!
Training in Medical Assisting is quicker than you think at Sanford-Brown. CALL TODAY!
Text DAYONE to 94576 or call
888-790-2444 • sanfordbrown.edu
SBI - 8401 Corporate Dr., Ste 500, Landover, MD 20785
SBC -1761 Old Meadow Rd., McLean, VA 22102
Sanford-Brown COLLEGE — Sanford-Brown College is certified by the State Council of Higher Education for Virginia (SCHEV) to operate campuses in Virginia.

Medical Office Trainees Needed!
Become a Medical Office Professional now!
No Experience Needed!
Hands on Training & Job Placement Assistance!
CTI can get you trained & Job Ready ASAP!
1-888-567-7685

TRAIN FOR A CAREER AS A MEDICAL ASSISTANT AT EVEREST COLLEGE!
Programs and schedules vary by campus.
FINANCIAL AID AVAILABLE FOR THOSE WHO QUALIFY
CALL NOW!
1-888-259-5889
Visit us online at
www.SeeEverest.com
VA Schools are CTO SCHEV
For useful consumer information, please visit us at www.everest.edu/disclosures
Everest COLLEGE

CAREER TRAINING

Less time learning and more time earning!
You could become a
Massage Therapist!
CALL NOW
To Get Your Free Massage Therapy Career Guide!
888-797-0851
National Massage Therapy Institute
Falls Church, VA
www.nmti.edu

REINVENT YOURSELF TODAY!
Train to become a
MEDICAL ASSISTANT!
Call Now! 800.761.7504
TESST College of Technology
Information about programs at www.go.TESST.com

Want to make a change in your life?
Interested in **Healthcare?**
We offer hands-on training in a variety of healthcare fields.
Classes Starting Soon! Call today!
Sanford-Brown College
SBI: 8401 Corporate Drive, Suite 500 Landover, MD 20785
SBC: 1761 Old Meadow Rd. • McLean, VA 22102
Programs vary by campus, Sanford-Brown College is certified by the State Council of Higher Education for Virginia (SCHEV) to operate campuses in Virginia.
Text DAYONE to 94576 Or call
888-790-2444
sanfordbrown.edu — Sanford-Brown COLLEGE

Accounts Payable Training!
Become an Office Support Specialist At CTI!
CTI Career Technical Institute | 1-888-743-4320

CAREER TRAINING

Why be Ordinary When You Can beextraordinary

medtech
Falls Church (main)
Silver Spring (branch)
Washington, D.C. (branch)
Not all programs available at all locations. For useful consumer information, please visit us at www.medtech.edu/consumerinfo. SCHEV has certified Medtech, located at 6565 Arlington Blvd. Suite 100 Falls Church, VA 22042 to operate in Virginia.

Call Now 1-877-691-9494
aboutmedtech.com

Love Animals? Want to help make a difference in their lives? Start training in Veterinary Technology today! Classes are starting soon.
Text DAYONE to 94576 or call 888-790-2444
Sanford-Brown College
1761 Old Meadow Rd. • McLean, VA 22102
Sanford-Brown College is certified by the State Council of Higher Education for Virginia (SCHEV) to operate campuses in Virginia.
sanfordbrown.edu 888-790-2444 — Sanford-Brown COLLEGE

PHARMACY TECH
Trainees Needed Now
Pharmacies now hiring. **No experience?**
Job Training & Placement Assistance Available
1-877-240-4524

DENTAL ASSISTANT
Trainees Needed Now!
Dental Offices now hiring. No experience? Job Training & Placement Assistance Available.
1-800-678-6350

NURSE ASSISTANT
Med Tech/CPR 19 Days
240-770-8251 OR **240-233-1226**

MED BILL & CODING
Trainees Needed Now
Medical Offices now hiring. **No experience?**
Job Training & Placement Assistance Available.
1-866-294-0466

PHLEBOTOMY
In 10 Weeks
1-800-417-8954
CTO SCHEV

POSITIONS WANTED

ELDERLY CARE- 7 days a week. Live in/out, very loving. I have 10 yrs exp., lots of references! **301-772-5628**

BUSINESS AND FINANCIAL OPPORTUNITIES

BAD/NEGATIVE CREDIT
Removed from Credit Report. Guaranteed or your money back. 202-775-6932

turnkey
SOFT SERVE ICE CREAM- Established & successful kiosk, Culpeper. **Voted 2012 Best Ice Cream Shop!** Opened 2005. **540-812-9033**

STUFF

1 Pillowtop Queen Mattress Set. Value $289, Asking $150! New in Plastic. Can Deliver. 301-343-8630

3Pc king pillowtop mattress set Value $499, Asking $250. New in plastic. Can deliver. 301-399-7870

6PC Bedroom Cherry Set. New in boxes $325. Can Deliver. 301-399-7870

Apple G4 Dual 1Ghz PowerMac $99 VA: 703-370-5440 MD: 301-931-6630 WWW.PCRETRO.COM

ANTIQUES

DINING ROOM TABLE- Belvedere, Cherry wood, 7 ft, w/ 2 leafs (up to 9 ft!), legs have wheels, w/ 6 chairs, well upholstered- **$1,000** also Belvedere Cherry Side Board, 3 ft long- **$350 Call 703-534-1668**

SMALL COLLECTOR PAYS CASH FOR COINS/ COLLECTIONS/GOLD. Will travel to you! Call Al, 301-807-3266

Wash. Redskins vs. Dallas Cowboys
Complete football package.
Air, tickets & hotel. Nov 20-23
Call JB **301-449-3478; 202-489-3551**

STUFF

Wash. Redskins vs. Steelers
Complete football package.
Bus, Tickets, Hotel Oct 27-28
Call JB **301-449-3478; 202-489-3551**

PETS

ADOPT A CAT/KITTEN
Vet checked. Call Feline Foundation.
703-920-8665 **www.ffgw.org**

FELINE ADOPTION FAIR
Sunday, July 15th, 1-3 p.m.
VCA BARCROFT CAT HOSPITAL
6357 Columbia Pke, Falls Church, VA
Information **703-920-8665 x3**
Feline Foundation **www.ffgw.org**

DC RENTALS

Paradise at Parkside
$1200 Free Rent on ALL 2 Bedrooms**
1 Bedroom starting from $790
0 Application Fee
$99 Holding Fee*
- Metro Bus Stops located several stops throughout the property
- Community Center provides after school programs, summer programs and computer learning

*Must move in by 7/15/12 to qualify
*$99 holding fee is for qualified applicants only.
Leasing office open every 1st Sat. of the mo. from 10-2.
** On 2Brs only. M-F 8:30-5:00
Open Saturdays by appt. only
3551 Jay St. NE • Washington, DC 20019
202-388-0274

NE OPEN HOUSE
CARVER TERRACE APARTMENTS
SATURDAY, JULY 7TH
FOURTH OF JULY Blowout Special...
THIS WEEKEND ONLY!
Light Refreshments
✔ Free Rent On All Vacant 2 and 3 BR Units
✔ $0 Application Fee
✔ $99 Security Deposit for Qualified Applicants
All Approved Applicants will be entered into a drawing for the following prizes:
1st Prize: 37" or 39" Flat Screen Television
2nd Prize: Nook or Kindle • 3rd Prize: iPod
888.891.8472
*Must move in to qualify for the drawing
1909 MARYLAND AVE., NE • WASHINGTON, DC 20002

GLENDALE PLAZA NE
APARTMENTS
OPEN HOUSE
Saturday July 14th
From 10am - 2pm
Approved Applicants will be entered in a drawing to win a 42 Inch Flat Screen TV.
No Application Fee! • All Utilities Included
- Secured Building Entry
- On-Site Laundry Facility
- Off Street Parking
- Wall-to-Wall Carpet
- Hi-Rise Bldg

4651 Nannie Helen Burroughs Ave. NE • M-F 8:30-5PM
202-640-1213

DC RENTALS

NW DC- Gallery Place residences, 1 BR luxury condo, W/D, R/Y/G Metro, fitness center, deck, min 10/months, **$1,850/m brian4001@yahoo.com**

SE
Start Your Summer Off Right @ Friendship Court
- Central Heat & Air
- Wall-to-Wall Carpet
- Close to Shopping, Banking & Metro Accessible

1 & 2 Bedrooms
Call For Details!!!
202-563-6968
Professionally Managed By CIH Properties, Inc.

South East — *A Vesta Property*
Village at CHESAPEAKE
• Immediate Move-In • All Credit Considered
• No Application Fee • Vouchers Welcome
820 Southern Ave Wash DC. 20032
202.640.4777

SUNSHINE SPECIALS!
Save Over $600 A Year!
Anacostia Gardens
3600 Ely Place S.E., Wash. DC 20019
- Spacious 1, 2 & 3BRs
- Central AC/Heat
- 24 hr onsite laundry facilities
- Resident controlled access
- 1 Block from metro & shopping
- Across the street from park & recreation

FREE BASIC CABLE
M-F 9-5
SAT 10-2
(202) 640-4774

BANNEKER PLACE APARTMENTS
- Apartments starting from $839
- Close To Metro, Schools & Shopping
- Intercom Access To Every Building
- Great Location In a Park-Like Setting
- Laundry Facility On Property

(866) 759-3646
Professionally Managed By CIH Properties, Inc.

SE- $1100 for 1BR. All utils inc. Fully renov, 4 blocks from Benning Metro, bus stop 1 block. New: w-w carpet, paint, stove, fridge, countertop, cabinets, sinks. New fixtures in BA. New W/D in downstairs Indry rm. Section 8 welcome. **Open House: Sundays 3pm-5pm. Call 301-257-5126**

SE- 4569 BENNING RD- 1BR/ 2BR, CAC, near Subway (Blue line). $700/ $800 + util. app. fee $10. Open Mon-Sat 11-4pm. Immed Occupancy **202-582-7155**

S.E. DANBURY ST. - Attractive 1BR $750. 1st month rent free. Good Credit Required. Metro Bus at Corner. Call **202-563-1791**

expressnightout.com 4X72 L.25

expressnightout.com 4X72 L.25

DC RENTALS

Shipley Park Apts.
Open House
Sat July 14th • 10AM - 4PM

1 BRs $795 • 2BRs $905
FREE Application Fee

- Newly Renovated Apartment Homes
- Hardwood Floors • Near THEARC
- Oak Kitchen Cabinets w/Breakfast Bar
- Microwave, Dishwasher, Garbage Disposal
- Controlled Access
- Central Heat and A/C
- Laundry Facilities
- FREE Shuttle Bus

www.wcsmith.com
2532 Southern Ave, SE • Washington, DC
wcsmith 888.286.7195

South East PARK NAYLOR APARTMENTS
1 & 2 BEDROOM APTS & DUPLEXES
$0 APP FEE • $99 DEPOSIT

- Central A/C & Heating
- Free Heat & Gas
- Community Center
- Controlled Building Access
- Renovated Apartments
- Patios/Balconies
- Ask About Our Government and Senior Discounts

888-703-6882
2562 Naylor Rd., SE
Washington, DC 20020
8:30am - 5:30pm M-F

Manor Village
1717 Alabama Ave., SE
1BRs from $765
2BRs from $865
All Credit Considered
Call/Email to set an appt.
William C. Smith & Co., Inc.
villagesofparklands.com
manorvillage@wcsmith.com
wcsmith 1.888.275.2914

Garden Village
1720 Trenton Pl., SE
1BRs from $765
2BRs from $865
All Credit Considered
Call/Email to set an appt.
William C. Smith & Co., Inc.
gardenvillage@wcsmith.com
wcsmith 1.877.238.8216

SE Crescent Park Village
1 BR Starting at $845
Ask About Our Specials!!!

- Largest floor plans in the area
- Central heat & A/C
- All new kitchens and baths
- Intercom System
- On-site laundry facilities
- Metrobus at your door
- Near shopping, hospital and schools

FREE BASIC CABLE
www.wcsmith.com
#2 Elmira St., SE *Call for details
1-888-807-6760

DC RENTALS

OPEN HOUSE
Every Friday 11-3pm
SAVE $600*

Milestone
ON N STREET
Newly Renovated
1-Brs $998 w/special
Gas, Water, Trash Incl.
2501 N. St. SE
202-506-6062
www.milestoneapartmentsdc.com
* when you lease in June
Housing Choice Vouchers Welcome
Management By The E&G Group

Good Credit Earns $100!!!
Free Flat Screen TV
If Move-In by July 30th

1 Brs $725	2 Brs $825
3 Brs $1495	4 Brs $1600
We Give $600 OFF Security Deposit	We Give $800 OFF Security Deposit

Bus Stop To Metro On-Site
4236 4th St., S.E. #103 Washington, DC 20032
CASCADE PARK APTS.
Call 202-640-4786 for Special!!!

Southeast EHO
3-2-1 SPECIAL!
$300 Off 1st Month
$200 Off 2nd Mo/
$100 Off 3rd Mo
Meadow Green Courts!
1 BR fr. $810 2 BR fr. $935
3 BR $1300
$20 APPLICATION FEE!
Convenient to shops, schools,Dishwasher. Walk-in closets.,w-w carpet 5% DISCOUNT to METRO & DC GOVT employees
(877) 464-9774
3539 A St SE Mon-Fri. 9-5. Sat. 10-4
Housing Choice Vouchers welcome where rents are within voucher program limits

SOUTHWEST/Metro Convenient!
2 MONTHS FREE
ON 2 BR Apartments
Ask about Other Specials
W/W carpet, CAC/1 Air/Heat, Dishwasher, Laundry facility,
EFFICIENCY $700
1BR fr. $775 2 BR fr $870
EAGLES CROSSING
116 Irvington Street SW,
866-790-5360
M-F 9-5. Sat 10-4
Housing Choice Vouchers Welcome

Friendship Crossing Apts.
Sizzling Specials
You Can Have IT All!
1 Brs Starting at $775
Minutes to 295, 395, 495 and Downtown DC.
FREE HEAT, GAS, WATER, W/W Carpet,
Modern Kitchens/Breakfast Bar, Gated Community,
Laundry Facility in every bldg.
866.759.0564
Professionally Managed By CIH Properties, Inc.

DC RENTALS

BEAT THE HEAT WITH FREE AC
CAPITOL PARK PLAZA
All Utilities Included.
Fitness Center/ Swimming Pool.
Ask about our rent specials on Selected Studio Apartments*
1.877.870.0243
Max. Income Qualifications:
1 pers. $45,180 • 2 pers. $51,600
Tax Credit Studio applicants only. Restrictions apply.
201 I Street, SW • Washington, DC 20024
Located Near The S.W. Waterfront
M/W/F 9-7pm; Tu/Th. 9-6pm • Sat. 10-5pm Sun. 12-4pm

SW GALVESTON PLACE -- 4BR, 2BA. $1400 plus utilities, 1st month rent free! Credit check required. Metro Bus close. Call 202-563-1791

MD RENTALS

THE BUCHANAN
Fantastic Summer Specials!
Studios from.....$1,540*
1 Bedrooms from.....$1,720*
2 Bedrooms from.....$2,210*
3 Bedrooms from.....$2,885*
Bring in this coupon and we'll waive your application fee!
WWW.BUCHANANAPTS.COM
301.418.3700
*Prices subject to change without notice, restrictions apply. Please contact a Leasing Consultant for more info.

crystal plaza
Fantastic Summer Specials!
Studios from.....$1,530*
1 Bedrooms from.....$1,701*
2 Bedrooms from.....$2,250*
3 Bedrooms from.....$3,015*
Bring in this coupon and we'll waive your application fee!
CRYSTALPLAZAAPARTMENTS.COM
301.415.0660
*Prices subject to change without notice, restrictions apply. Please contact a Leasing Consultant for more info.

CAPITOL HTS.
SUPER SAVINGS!!
1525 Elkwood Lane • Capitol Heights, MD 20743
CALL TODAY
(866) 574-7408
INSTANT PRE-APPROVAL
1 & 2 BRS FROM $829*
ALL UTILITIES INCLUDED FOR A SMALL FEE
Addison Chapel Apartments
www.addisonchapel.com
EHO *Prices subject to verification

CHEVY CHASE- Studio for rent. 24 hour security. $1000 a month all utilities included 301-774-9780

expressnightout.com XX172 lv.5

expressnightout.com XX172 lv.5

MD RENTALS

Woodland Springs
Free Application FEE w/AD
Security Deposit As low as $350 or 1st month's rent based on credit history
301-760-4270
6617 Atwood Street • District Heights, MD 20747

FORESTVILLE Oakcrest Towers
Experience Life on the The Avenue!
Comfort & Luxury
SPACIOUS MODERN FLOORPLANS!
Efficiencies, 1 & 2 BRs
Rents from $739
CONVENIENT LOCATION
LET US FIND YOU THE PERFECT HOME!
CALL NOW! (888) 831-7065
WWW.OAKCRESTTOWERS.COM
Some restrictions apply

HYATTSVILLE ARTS DISTRICT
1 & 2 BRS fr. $775
GARFIELD COURT
Ask About Our Move-in Special
On residential street next to DeMatha HS
Off-street parking -Ceiling Fans
(tenant pays electric)
301-779-1734

HYATTSVILLE
FLEETWOOD VILLAGE APTS.

- FREE WATER, GAS HEATING & COOKING
- FREE APPLICATION FEE (with this ad)
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- Free 6 wk summer camp
- Convenient to shops, schools and I-495

Call Now For Our FANTASTIC SPECIALS!
721 Chillum Road • Hyattsville, MD 20783
866-315-8849

Renovation Celebration!!!
Come Celebrate with Us!
Rent and Choose Your Thank You Gift:

- 1 Month FREE
- iPad 3
- or Flat Screen TV!!!

Brand New 2BRs from $1452*

- Brand New kitchens and baths
- Minutes to Silver Spring/Bethesda Metro
- Pool and Business Center
- Bus stop at community entrance

PADDINGTON SQUARE
240-752-6947
8800 Lanier Dr. • Silver Spring, MD 20910
*Limited time offer. Income restrictions apply. Call for more info.

MD RENTALS

HYATTSVILLE - Basement apartment, with CAC, nice & clean. Near PG Plaza metro. $750/month + utilities. 301-328-9090

HYATTSVILLE EHO CYPRESS CREEK APARTMENTS
STARTING FROM THE $900'S
Ask About FREE RENT

- Instant pre-approvals
- Washer/dryer in each apartment
- Minutes to Metro, Howard U. & DC
- Fitness Center and Clubhouse
- 5% OFF students & all gov't employees

Call Today! 888-217-1901
5603 Cypress Creek Dr,
Hyattsville, MD 20782
CypressCreekApts.com

KETTERING - 3BR, 1BA, 2 level TH, w/w carpet, W/D. No pets. $1500/mo + util. 301-925-0002

Hyattsville 866.507.2283 Summer Ridge
1829 Belle Haven Drive, Hyattsville, MD 20785

- Electronic entry building system
- Free business center
- Free after school program
- Metro Accessible
- Bring in ad to rec. free app. fee

*Income Qualifications

# Occupants	Maximum Income
1	$44,580
2	$50,940
3	$57,300
4	$63,600

Sec. Dep. fr. $250*
www.summerridgeapartments.net
summerridgeleasing@comcast.net
Edgewood Performance. People. Pride. * w/approved credit

LANDOVER - 3 BR TH, 1 full BA, 2 half BA, w/deck & finished basement, laundry room, assigned parking. $1500/mo. 301-249-0545 or 240-779-3369

HYATTSVILLE CASTLE MANOR Apartments
1 & 2 Bedroom Apts.
from $830

- Ceiling Fans • Lovely Setting
- Near the NEW ARTS DISTRICT
- Close to Shopping & Metro

Ask about our Move-In Special
866.464.0993

expressnightout.com XX172 lv.25

expressnightout.com XX172 lv.25

expressnightout.com XX172 lv.25

expressnightout.com XX172 lv.25

MD RENTALS

Rosecroft Mews



1, 2, & 3 Bedroom Apartments
Bedrooms Starting @ $900

Amenities

• Beautiful Location • Washer & Dryer • Garbage Disposal • Wall-to-Wall Carpet • Refrigerator in Unit • Central A/C & Heat • Sparkling Swimming Pool!

Call Us!
1(866)502-4883
Call today to schedule an appointment tour!

Park your browser here.

Concerts, movies, events, restaurants and more.

express nightout
expressnightout.com

XXI72 lx2

MD RENTALS

"Home is where the heart is"
Carlyle at Harbor Pointe

CURRENT SPECIALS
1 Bedroom – $755
2 Bedroom – $885
3 Bedroom – $1060

Amenities:
- Gated Community
- Renovated Apartment Homes
- Newly Renovated Pool
- Metro bus stops at entrance
- Spacious closets
- Individually controlled heat & AC
- Plush wall-to-wall Carpeting
- 24-Hour emergency maintenance

3.6 Miles from National Harbor!



Call Us! 1(866)906-3677

Silver Spring EHO

ALL UTILITIES INCLUDED
Studios from $850

- furnished & unfurnished avail
- full equipped kitchen
- bus stop at the door
- Wheaton Metro steps away

The Ambassador
301-942-6001
2715 University Blvd West

MD RENTALS

Activate your lifestyle

Silver Spring
Ashford at Woodlake
1 BRs from $999
2 BRs from $1196
3 BRs from $1538

- Fabulous Location • Full size washer/dryer
- Eat-in kitchen • Great closet space
- 24-Hour Fitness Center
- Beautiful Renovated Clubhouse
- Large Pets Welcome

Min. Qualifying Income:
1-BR/$47,560 • 2-BR/$56,826
3-BR/$64,224

877-678-8539
The Donaldson Group

Marlow Heights



1BR Special from $899
2BR $999 • 3BR $1300

Amenities
- Beautiful Location
- Spacious Apartment Homes
- Garbage Disposal & Dishwasher
- Laundry Facility
- Wall-to-Wall Carpet
- Refrigerator in unit
- Central A/C & Heat
- 24 Hour On Call Maintenance

Second Chance Program!
Call Us!
1(888) 822-0583



9-6 M-F • 10-5 SAT
Call today to schedule a tour!

MD RENTALS

Silver Spring
CRUISE FOR 2 CERTIFICATE GIVEN AT MOVE-IN

Roomy Apts, Walking Distance to MetroBus, Shopping, Restaurants
1 BR/**$1168** • 2 BR/1 B/**$1350**
2 BR/2 B/**$1400** • 2 BR/Den/**$1634**
3 BR/2 B/**$1750**

Stop in or call today for details
WINDSOR COURT AND TOWER APTS
13802 Castle Blvd. #103
Silver Spring, MD 20904

Text WINDSOR to 29999
888-255-6159

STUNNING NEW LUXURY APARTMENTS IN SILVER SPRING!

METRO710
2 Bedrooms from $1,975

Huge closets, balcony, granite counter and all utilities included!
Walk to Metro, Shopping and Dining
CALL TODAY! (888) 702-1254
METRO 710
710 Roeder Rd., Silver Spring, MD 20910

SILVER SPR/Forest Glen Metro-
Forest Glen Apts.
301-593-0485

Ask About Our
Move In Special
One & Two BR fr. $950

Close to the Forest Glen Metro
Off-Str. Prkng/Controlled Access
Ceiling Fans
Housing Vouchers Welcome
UTILITIES INCLUDED

Marlow Plaza Apt.



1, 2, & 3 Bedroom Apartments
Bedrooms Starting @ $935
Apply, be approved and move-in by May 15th and get $200 off. Receive $50 off your rent for a 1 Bedroom (12 month lease only).



Call today for a tour of your new home!
Call Us! 1(888) 803-3184

expressnightout.com
XXI72 lx 2.25

expressnightout.com
XXI72 lx 2.25

MD RENTALS

CELEBRATE THE 4TH OF JULY WITH STATION SQUARE

Check out our blow out specials
$800 off your First Months Rent
Move in by 7/3/12

1 BR - $1,030.00
2 BR - $1,195.00
3 BR - $1,455.00

*All utilities includes *Limited time offer; Certain Restrictions Apply.*

www.morgan-properties.com
3400 Pearl Drive, Suitland, MD 20746
301-825-9162

SUITLAND
PARKWAY TERRACE
1 BRs fr $860
2 BRs fr $968
$30 Application Fee

- Walk to Metro
- W/W Carpet or Hardwood avail
- Keyed entry ways
- Parklike setting w/picnic tbls & grill

Maximum income limits apply
877-608-6548
3415 Parkway Terr. Dr. Suitland, Md.
Mon-Fri. 9am-6pm. Sat. by appointment only

TAK PK—New Hamp. Ave.
A GREAT LOCATION!!
on busline to Takoma Metro
HILLWOOD MANOR
202-499-2082
1-BRs fr. $976
ALL UTILITIES INCLUDED
(a/c extra)
2 BRS. ALSO AVAILABLE
SPACIOUS APTS W/CEILING FANS
LOVELY PARK-LIKE SETTING!
OFF STREET PARKING
HARDWOOD FLOORS

PARKWAY
Free Utilities
2 Bedrooms from $1,195*
BIG Floorplans
Huge Walk-In Closets
Close to Metro
Bus Stop at Entrance
888.691.2507
*Min. & Max Income Restrictions. Call for Details
EQUITY MANAGEMENT
TEMPLE HILLS EHO

SOUTH POINTE APARTMENT HOMES

Call About Our
$99 MOVE-IN SPECIAL
Walk to Southern Avenue Metro
All Utilities Included
1 Bedrooms From $830 • 2 Bedrooms From $940
Bring in this coupon and we'll waive your approved application fee!
2603 Southern Ave. #B1
Temple Hills, MD 20748
866-708-7251
*Restrictions apply, please see Leasing Consultant for more info.

OXON HILL
FREE UTILITIES
- Swimming Pool
- Private balconies and patios
- Minutes to The National Harbor

Call Now For Our
FANTASTIC SPECIALS!
COLONIAL VILLAGE
908 Marcy Ave. • Oxon Hill, MD 20745
888-583-3047

HYATTSVILLE
FREE UTILITIES
- Spacious and modern apartments
- Wall to wall carpet
- Dishwasher
- Private balconies/patios

Call Now For Our
FANTASTIC SPECIALS!
FLETCHERS FIELD
5249 Kenilworth Ave. • Hyattsville, MD 20781
866-805-0782

LANDOVER
FREE UTILITIES
- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Mins. from Wegmans

GREAT LOCATION! SMART CHOICE!
KINGS SQUARE
3402 Dodge Park Rd. • Landover, MD 20785
877-898-6958
www.kingssquareapartments.com

LANDOVER
GATED COMMUNITY
- Free gas and water
- State-of-the-art fitness center
- Licensed Daycare on Premises
- Right by the new Wegmans

Call Now For Our
FANTASTIC SPECIALS!
MAPLE RIDGE
2252 Brightseat Road • Landover, MD 20785
888-583-3045
www.mapleridgeapartments.com

RIVERDALE
GATED COMMUNITY
- Fitness center on property
- Beautiful kitchens
- Washer/Dryer
- Outdoor & Indoor Pools

Call Now For Our
FANTASTIC SPECIALS!
PARKVIEW GARDENS
6400 Riverdale Road • Riverdale, MD 20737
888-251-1872
parkviewgardensapartments.com

RIVERDALE
1, 2 & 3 BR APTS. HUGE 2 BR TOWNHOMES
- Roomy, modern apts.
- Private balconies/patios
- Cathedral ceiling

Call Now For Our
FANTASTIC SPECIALS!
RIVERDALE VILLAGE
5409 Riverdale Road • Riverdale, MD 20737
800-767-2189

EQUAL HOUSING OPPORTUNITY

Free 6-Week Summer Camp.
Come Visit Us: Mon. thru Fri. 8 am - 5 pm • Sat. 10 am to 4 pm • Sun. 12 pm - 4 pm

MD RENTALS

MITCHELLVILLE - 1BR w/den, loft apt on private estate. W/D, internet, all utils incl. $1000 + dep. Avail 8/1. **301-706-7162**

VA RENTALS

Alexandria

BRAGG TOWERS
EXTENDED STAY HOTEL

Furnished Efficiencies: $399 Wk ◆ $1470 Mo
Cable ◆ Internet ◆ Utilities ◆ Housekeeping

99 South Bragg St, Alexandria, VA 22312
703-354-6300 ◆ www.BraggTowers.com

4901 Seminary Rd., ALEXANDRIA, VA

SOUTHERN TOWERS

Efficiency from .....$920* 2 Bedroom from..$1515*
1 Bedroom from..$1170* 3 Bedroom from..$1825*
Spacious Penthouse From $1960*

1st MONTH FREE
(Vacant Units Only)

- All utilities paid
- No Security Deposit or move-in fees
- Metrobus at front door to Pentagon & Van Dorn Metro
- Free parking • 24-hour 7-11
- Convenient to Pentagon, Shopping & I-395

I-395 to Seminary Rd., West exit to Southern Towers immediately on right. 6 Month Lease Available!

*All Prices & Specials Subject to change without notice.

M-F 9-6, SAT 9-5, SUN 11-5

703-485-4154

expressnightout.com XXI72 lx.25

VA RENTALS

ALEXANDRIA

Meadow Woods
APARTMENTS

Spacious 1 & 2 Bedroom Floor Plans
Starting at $1130*
Classic or Renovated Options Available

- Fitness Center
- Free Parking
- Excellent Location
- Close to Metro

3308 Lockheed Blvd.,
Alexandria, VA 22306
Visit **www.meadowwoodsapts.com**
Call now **888-823-7689**

*some restrictions apply.

VA RENTALS

EOS-21
APARTMENTS

1 Bedroom from $1195
FREE Metro Shuttle
Endless Amenities
Washer/Dryer
Near BRAC, Metro & Retail

OPEN HOUSE This Weekend

Call Today! 888.688.2155
EOS21Apts.com

140 S. Van Dorn St., Alexandria, VA

3 BEDROOM SUBURBAN LIVING WITH CITY CONVENIENCE



- ZERO Application Charge
- **ALL UTILITIES INCLUDED**
- Walk to restaurants & shopping
- Minutes to Dunn Loring Metro Station
- We work with foreclosures
- Pets adored

The Parliaments
Apartment Homes

7409 EASTMORELAND ROAD •ANNANDALE, VA 22003
866.913.8090 • parliaments.net

VA RENTALS

FAIRFAX - 1 furnished BR in finished basement, pvt BA & entrance. Parking, utils & cable inc. 10 mins from GMU. $700. Avail 8/1. **571-431-2389**

ROOMMATES

BELTSVILLE, MD- Room for rent in shared home. $500. Free cable. Security deposit required. Shared utilities. **Chuk 202-255-3047**

CAPITAL HEIGHTS, MD- Furn Room. Incls Internet, cable TV & utils. Nr Metro/ Addison Rd. $150/wk. **301-449-3885**

CAPITAL HEIGHTS, MD - House to share, Male pref, Near Metro/ Safeway /Laundromat. Call 9am-10pm. **202-423-6914**

CHEVY CHASE, MD large quiet sunny room, walk-in closets, private bath, shared kitchen, W/D, fios. **$875 Utils incl. 301-656-3526**

LOCATION LOCATION

DALE CITY— 1 BR, 1.5 BA, Share: Kitchen, LR, gar, utils. Near Trans, Potomac Mills. **$500/month+ Security deposit. Call 703-878-5911**

NE/Ft Totten Metro- Prof. Female to shr unfurn BR, 4BR 2.5BA SFH. N/S, Cable, Wi-Fi, maid svc. CAC/heat **$850/m incl utils. 202-494-3692**

NEAR METRO

SE - Share Newly Renov. Fully furn, W/D, Jacuzzi Tub, Full Kit,Nr Metro/Shops. **$150/$375 per wk. Jasper St. 202-889-2810**

STERLING- 3 rooms, $500-$1,000. All with pvt bath. Includes all ammen. **Email allclearglass1@aol.com for info**

Utilities INCLUDED

SUITLAND, MD -Seeking roommate for 2BR apartment. Near metro. $600/month + deposit, all utilities incl. Please call **240-381-5449, lve message**

TEMPLE HILLS - Absolutely nice unfurn rms, public transp. N/S. Utils incl. $550/$625. **301-848-0418**

CARS

JUNK VEHICLES REMOVED FREE
CASH PAY FOR ALL
202-714-9835

Park your browser here.

Concerts, movies, events, restaurants and more.

express nightout
expressnightout.com

XXI72 lx3

expressnightout.com XXI72 lx.5

expressnightout.com XXI72 lx.25

Save on Washington!



GET ON THE LIST— sign up FREE online!

The Capitol Deal

Get more D.C. for less!

Get the deal. Get the dish. Get away. Sign up for The Capitol Deal and get an e-mail with fantastic deals on dining, entertainment, fashion, home, travel and more. The possibilities are endless. We find the deals, you enjoy up to 75% off!

capdeals dishdeals getawaydeals

XD074 5x6

Get local deals e-mailed to you, for **FREE**. **expressnightout.com/thecapitoldeal**

Delivered to you by: express nightout

lookout online



"This casting is a bit surprising ... It's a nice bit of a prestige name added to the cast, particularly from an actor who doesn't do blockbuster roles very often."

— Kevin Jagernauth at **BLOGS.INDIEWIRE.COM/THEPLAYLIST** applauds news that Philip Seymour Hoffman is joining the cast of "The Hunger Games: Catching Fire" to play Plutarch, the new Gamemaker.

"I am honored to congratulate the people of #SouthSudan on your very first Independence Day."

— **@AMBASSADORRICE**, Susan Rice, the U.S. permanent representative to the United Nations, tweets her support for the world's newest nation on its first birthday Monday.

"His name may be Hellboy, but he showed the world he has the heart of an angel recently when he made one boy's dream come true."

— Meg Malone at **SPLASHPAGE.MTV.COM** is happy actor Ron Perlman dressed up in the superhero character's extensive makeup and outfit in order to fulfill the wish of a young boy through the Make-A-Wish Foundation. The boy also got to work with special-effects house Spectral Motion to become his own version of Hellboy as part of the deal.

"Hooray! This calls for such a celebration! ... MOON BEAMS OF JOY ALL OVER THE PLACE!"

— **PEREZHILTON.COM** is excited about the return of the Japanese anime cartoon "Sailor Moon" to television airwaves in 2013. Creator Naoko Takeuchi announced the revival on Friday.

"I'm not sure whether the venerable Kenner League — which [has been] described as "a summertime home for top area college, high school and pro players" — has ever played host to a Cabinet secretary before."

— Dan Steinberg at washingtonpost.com's **D.C. SPORTS BOG** is surprised to hear that U.S. Secretary of Education Arne Duncan played in Georgetown University's summer league over the weekend. Duncan was co-captain of the Harvard basketball team while in college.

Continuing education opportunities **abound**.

New look. New feel. Your monthly education section just got better.

Ahead

The second Monday of each month in Express.

express

To advertise, call 202.334.4130 or e-mail ads@readexpress.com.

XX055 5x3

puzzles lookout

Horoscope

CANCER (June 21-July 22) You're going to have to make a certain adjustment that may not be easy, but which will give you what you want when you want it.

LEO (July 23-Aug. 22) You will have to look over the scenery carefully today in order to get the lay of the land and plot your course to maximize your advantage.

VIRGO (Aug. 23-Sept. 22) You may be uncertain about what lies ahead, but with the help of someone who has been there before, you'll be able to increase your own resolve.

LIBRA (Sept. 23-Oct. 22) What is being asked of you today may defy understanding, especially since it is so unexpected and doesn't seem to fit the situation.

SCORPIO (Oct. 23-Nov. 21) Questions of attraction and taste will arise again and again throughout the day. Share your likes and dislikes openly with a friend.

SAGITTARIUS (Nov. 22-Dec. 21) You'll find yourself moving forward almost automatically, with not a lot of thought or consideration. Certain dangers will result.

CAPRICORN (Dec. 22-Jan. 19) It's up to you to put things right between two others who have decided that it's better to butt heads than to compromise.

AQUARIUS (Jan. 20-Feb. 18) You will want to be direct — but not overly forceful or aggressive. Take a stance that gives you some wiggle room.

PISCES (Feb. 19-March 20) Someone is waiting for you to call the shots today, when you, in turn, are waiting for yet another person to tell you when you can do so.

ARIES (March 21-April 19) Sales and bargains are all around you, but you may have to pay top dollar for what you really want — and you know it.

TAURUS (April 20-May 20) You are in a position to change things for the better, but you must be willing to listen to another first, and learn a key lesson.

GEMINI (May 21-June 20) There are certain topics you simply will not discuss at this time — and one or two of them will surely arise more than once.

PostPoints DAILY CODE OR

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 218

							RACK 1
E1	E1	O1	Y4	R1	V4	D2	
							RACK 2
A1	I1	O1	T1	H4	N1	P3	
							RACK 3
E1	O1	O1	N1	R1	D2	F4	Triple Word Score
							RACK 4
E1	E1	U1	P3	L1	R1	S1	1st Letter Double

Yesterday's Solution

S1	P3	E1	N1	D2	E1	R1	RACK 1 = 62
L1	A1	V4	I1	S1	H4		RACK 2 = 12
G2	R1	I1	F4	T1	E1	D2	RACK 3 = 62
D2	E1	F4	Y4	I1	N1	G2	RACK 4 = 80

PAR SCORE 145-155 TOTAL 216

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

7			8	5				9
		5	7	3				
9	8			6		7		3
	2	7	3			5		8
1	9			2			4	7
8		3			7	9	6	
5		8		7			9	6
				1	4	8		
3				8	5			1

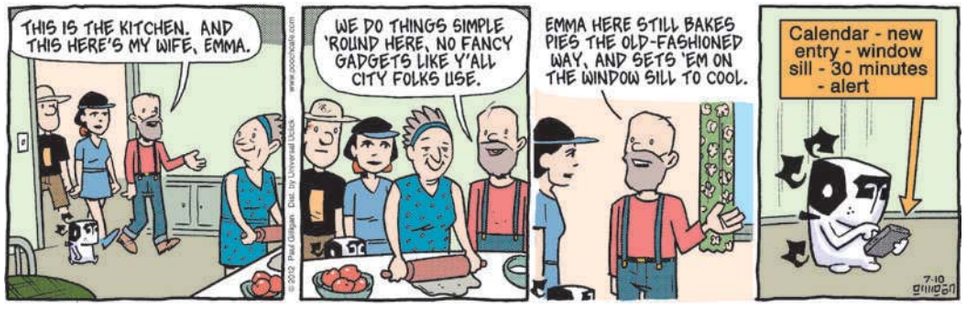
Monday's Solution

4	2	8	7	1	3	5	6	9
9	1	5	2	6	8	4	7	3
3	7	6	4	5	9	8	2	1
2	4	3	1	7	5	9	8	6
5	8	7	9	4	6	3	1	2
1	6	9	3	8	2	7	4	5
8	5	1	6	9	7	2	3	4
7	3	4	5	2	1	6	9	8
6	9	2	8	3	4	1	5	7

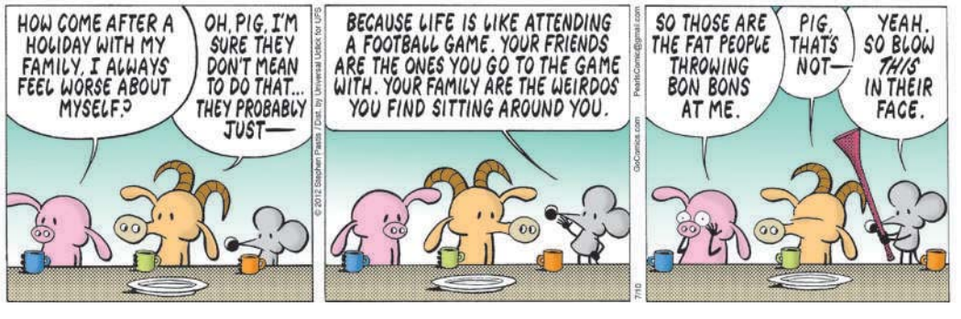
Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

84 | 72

Today: A shower or thunderstorm around today. Clouds breaking tonight.

87 | 71

Tomorrow: Clouds and sun tomorrow. A thunderstorm in spots tomorrow evening.

Looking Ahead

THU	FRI	SAT
85 | 70	83 | 73	90 | 73

Sun and Moon
Sunrise today: 5:52 a.m.
Sunset today: 8:35 p.m.
Moonrise today: none
Moonset today: 1:11 p.m.

Almanac
Normal high: 89
Record high: 104
Normal low: 71
Record low: 55

FORECAST BY ACCUWEATHER.COM ©2012

THE TAILORED MAN
custom tailors | established 1969
Suits: $550, Shirts: $65
5243 Duke Street, Alexandria, VA
1750 Tysons Blvd. Suite 130, McLean, VA
Tel: 866-751-7868
goodfit@tailoredman.com
www.TailoredMan.com

Please recycle this paper.

XX640 1x2

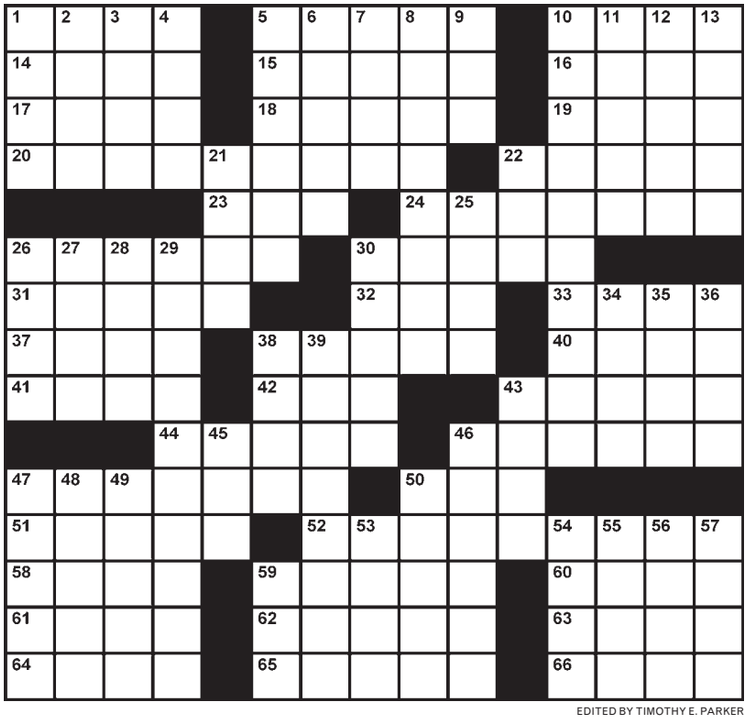
The Capitol Deal
Today's Deal
capdeals
DORDY FONTINEL SHOW MANAGEMENT, INC.
Reduce. Reuse. Recycle.
Save 50%
Middleburg Summer Antiques Fair
$10 for Two-Day Pass for 2 ($20 Value!)
Discover a wide selection of furniture, folk art, paintings, jewelry and much more at the **Middleburg Summer Antiques Fair**, July 28-29, presented by **Dordy Fontinel**.
Middleburg, VA
This special deal only available for purchase until 11:59pm, 7/26/12. All Capitol Deals must be purchased at thecapitoldeal.com
XD074_a 2x5
Get local deals e-mailed to you, for FREE.
thecapitoldeal.com
Delivered to you by: The Washington Post


He'd love to snap up your 35mm camera.
Sell your stuff in Express.
Place your Classified ad today.
202-334-6200.
express
A Publication of the The Washington Post
expressnightout.com
Classified ads appear in Express and The Washington Post.
xx179 2x3.5

lookout puzzles

Crossword

GENTLEMEN'S CLUB



EDITED BY TIMOTHY E. PARKER

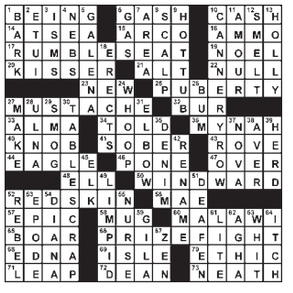
ACROSS

1 Do as the cookbook instructs
5 Gabbana's fashion partner
10 Word with "kidding" or "married"
14 Not on time
15 Suggestion box contents
16 Capital of Norway
17 Car wheel shaft
18 Biological group
19 Transport, as freight
20 Ornery farm animal
22 Heavenly being
23 Suffix for "velvet"
24 Affliction
26 Expel from law practice
30 Inclined to sulk
31 Furrier John Jacob
32 Pronoun for two
33 Chanel of fashion
37 Be loose-lipped
38 Bogus
40 Arabian Peninsula port
41 Romanian's neighbor
42 Water at 31 degrees
43 Developed ability
44 Vertical reference line on a graph
46 Not in secret
47 Hid away
50 If you're human, you'll do it
51 They create carbon monoxide
52 Popular stuffed animal
58 Coalition
59 Hagar's wife, in comics
60 Roof border
61 Canadien's milieu
62 American of Japanese heritage
63 Drought-scourged
64 Simians
65 Outboard motor's locale
66 Use the delete key, e.g.

DOWN

1 Thick piece of concrete
2 What planes do after landing
3 "___ all come out in the wash"
4 Not walk a straight line
5 Word with "clam" or "gold"
6 "___ a Grecian Urn" (Keats poem)
7 Horne who started at the Cotton Club
8 Guarded
9 A snaky letter?
10 Bread made with cornmeal
11 Strunk & White subject
12 Swings around
13 Charges on the road
21 52 Sundays
22 High, in music
25 Angler's attachment
26 Applies in light strokes
27 Tropical vacation spot
28 Part of a constellation
29 Anklets worn with poodle skirts
30 Gondola pushers
34 Norse god of war
35 Room in the big house
36 Sole
38 Idee-___ (obsession)
39 Proof provider
43 Surprisingly agile
45 Gasps of delight
46 Install, as a minister
47 Native-born Israeli
48 Flower from Holland
49 Send a note of apology
50 Border neatener
53 "Do it, or ___!"
54 Gentleman caller
55 Deserve
56 Like many rooters
57 "That was what I meant after all" command
59 Word on one of two matching towels

Monday's Solution



Today in History

1929 American paper currency is reduced in size as the government issues bills that are nearly 25 percent smaller.

1985 After complaints, Coca-Cola Co. to resume selling old-formula Coke, while continuing to sell New Coke.

2002 The House approves airline pilots to carry guns in cockpits to defend planes against terrorists.

express
CAC
Published by Express Publications LLC
1150 15th St. NW, Washington, DC 20071
A Subsidiary of The Washington Post Co.

Editorial: 202-334-6800
Fax: 202-334-9777
Circulation: 202-334-6992
Advertising: 202-334-6732
or ads@readexpress.com
Classifieds: 202-334-6200

GENERAL MANAGER—ARNIE APPLEBAUM | EXECUTIVE EDITOR—DAN CACCAVARO CREATIVE DIRECTOR—SCOTT MCCARTHY | ASSISTANT MANAGING EDITORS—HOLLY J. MORRIS, MATT SWENSON | ART DIRECTOR—LORI KELLEY | FEATURES EDITOR—JENNIFER BARGER | SENIOR EDITORS—KATIE ABERBACH, VICKY HALLETT, SHAUNA MILLER, KRISTEN PAGE-KIRBY | SECTION EDITORS—RUDI GREENBERG, BETH MARLOWE, MORGAN SCHNEIDER, SARA SCHWARTZ, HOLLEY SIMMONS, CLINTON YATES, FIONA ZUBLIN | EDITORIAL DESIGNERS—ADAM GRIFFITHS, MIMI IN, ERNIE SMITH | COPY EDITOR—ADAM SAPIRO | PRODUCTION SUPERVISOR—MATTHEW LIDDI PHOTOGRAPHER—MARGE ELY

Founding Publisher — Christopher Ma, 1950-2011

people lookout



HOBBIES

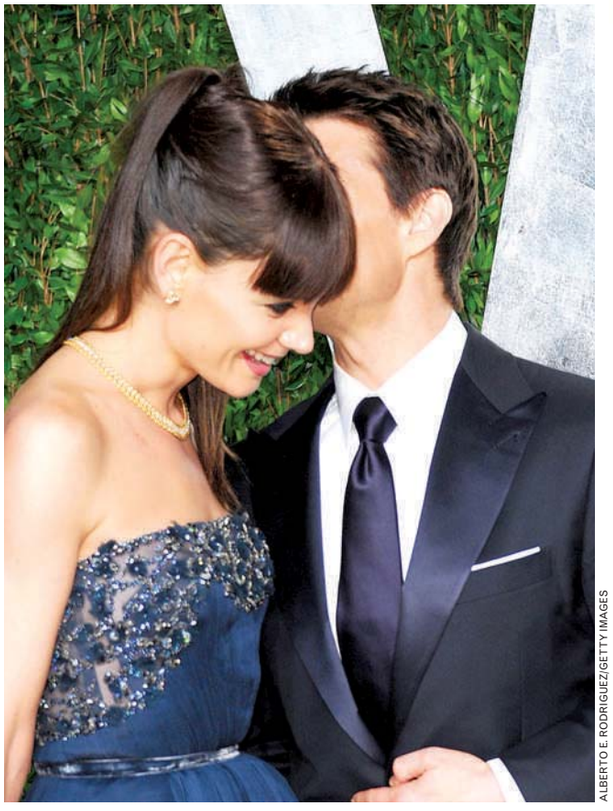
Couldn't She Have Tried Journaling or Crochet?

Nadya "Octomom" Suleman is releasing a dance single called "Get on the Dance Floor," in which she sings and raps, TMZ.com reports. According to TMZ, Suleman felt so liberated by releasing her first sex tape recently that she wanted another creative outlet. She took two voice lessons before recording with producers DJ Mr. Mig and Mike Rizzo. The song will be released Aug. 1. (EXPRESS)

"It's like me calling myself a doctor after reading WebMD twice."



—SAM RONSON UNLOADED HER SCORN FOR PARIS HILTON'S "DJ CAREER" ON TMZ.COM THURSDAY, CALLING HILTON'S FORAY INTO RONSON'S FIELD AN "INSULT."



ALBERTO E. RODRIGUEZ/GETTY IMAGES

THAT WAS FAST

What Did She Have on Him?

Tom Cruise and Katie Holmes reached a divorce settlement Monday less than two weeks after Holmes filed to end their marriage. "The case has been settled, and the agreement has been signed," Holmes attorney Jonathan Wolfe said. Cruise's attorney, Bert Fields, confirmed: "Tom is really pleased we got there, and so am I." Reps for Holmes and Cruise declined to elaborate on the agreement. (AP)

NO-MANCES

'Come On, Baby, Let's Work On Those Daddy Issues'

Mick Jagger was obsessed with Angelina Jolie, according to the upcoming book "MICK: The Wild Life and Mad Genius of Jagger," excerpted in the New York Daily News. Jolie played a stripper in the 1997 video for the Rolling Stones' "Anybody Seen My Baby." Jagger was smitten and began calling her constantly. Her rejection devastated him. (EXPRESS)



CONFUSION

'It Rhymes With My Fave Melon—Cantaloupe!'

Kourtney Kardashian has given birth to a girl and she's naming her Penelope. The reality TV star told E! News that her second child with boyfriend Scott Disick was born early Sunday at Cedars-Sinai Medical Center and weighed 7 pounds, 14 ounces. Her full name is Penelope Scotland Disick. Kardashian said mother and child were "resting comfortably." (AP)



MICHAEL BUCKNER/GETTY IMAGES

Kourtney fell for Kim's old "let's all wear matching ruffs!" trick AGAIN.

Extortion



For $90 More, It Comes With a Lock of Her Hair

Gwyneth Paltrow has collaborated with Kain Label clothing to sell an exclusive white T-shirt on her lifestyle site, Goop.com. The shirt costs $90 and is billed as an "essential wardrobe staple," E! Online reported. According to her site, the shirt is "inspired by tuxedo tailoring" and has grosgrain piping. (EXPRESS)

express automobile dealers

more cars on the net cars.com @washingtonpost.com

Dodge
LUSTINE DODGE
WOODBRIDGE, VA 1-800-879-4701
14211 JEFFERSON DAVIS HWY. LUSTINEONLINE.COM

HONDA
SHEEHY HONDA
ALEXANDRIA, VA 703-660-0100
7434 RICHMOND HWY WWW.SHEEHYHONDA.COM

LEXUS
LEXUS OF SILVER SPRING
SILVER SPRING, MD 1-800-266-4874
2505 PROSPERITY TER. LEXUSOFSILVERSPRING.COM

NISSAN
DARCARS NISSAN
ROCKVILLE, MD 301-309-2200
15911 INDIANOLA DRIVE WWW.DARCARS.COM

TOYOTA
355 TOYOTA
ROCKVILLE, MD 301-309-3917
15625 FREDERICK ROAD WWW.DARCARS.COM
KOONS TYSONS TOYOTA
VIENNA, VA 1-888-505-1137
8610 LEESBURG PIKE WWW.KOONS.COM

nine simple numbers you learned by age 3
play su|do|ku
express A Publication of the The Washington Post

XX182 5x1

The Washington Post
PRESENTS
GoingOutGuide

WEEKEND CONCERT SERIES

• FREE CONCERTS FOR EVERYONE •

CARTER BARRON AMPHITHEATRE in Rock Creek Park
16th Street & Colorado Avenue NW, Washington, D.C.

JUNE 15
JAZZ NIGHT
Akua Allrich
The Jolley Brothers
Jess Righthand Quintet

JUNE 22
REGGAE NIGHT
Image Band
JohnStone Reggae Band
Akua Benjamin with Ilahvibez

JUNE 29
BOOGIE-BLUES NIGHT
Daryl Davis Band
The Grandsons

JULY 13
NEO-SOUL NIGHT
Yahzarah
Deborah Bond
Tamika "Love" Jones

Gates open at 7:00 p.m. to the first 3,700 people.
No advance tickets required.

ALL SHOWS BEGIN AT 7:30 P.M.

There are no scheduled rain dates. Picnic areas are available in the park surrounding the amphitheatre.

For more information, visit www.goingoutguide.com or call (202) 334-6808.

The goingoutguide.com concert series is sponsored by The Washington Post with additional support from The National Park Service/Rock Creek Park.

GoingOutGuide from The Washington Post

The ultimate source for local entertainment ideas in the D.C. area

XPP355 5x10.5